

Igniting Tradition

Ignite
2001

Melissa Bodlovich

**Winter
Division
28**

**Fall Division
4**

**Opening
2**

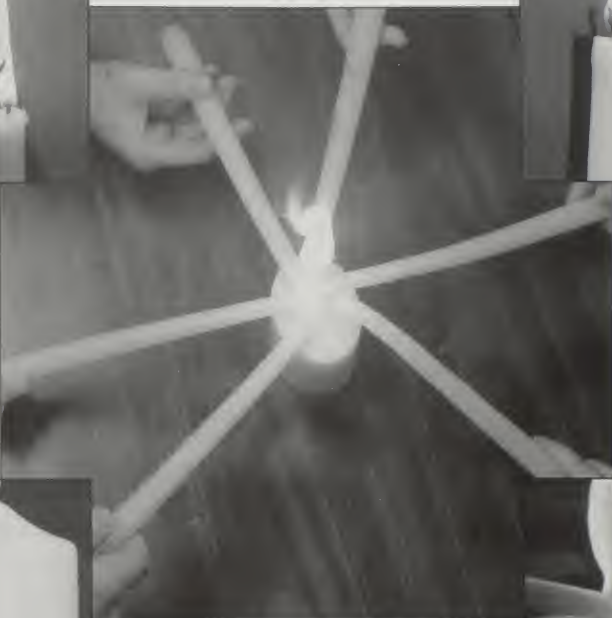


Scrapbook
58

Index
156

Spring
Division
78

Closing
158



Igniting Traditions

2001 Ingot

River Forest

Jr. - Sr. High School

3300 Indiana Street

Hobart, IN

Volume 41





Igniting Tradition

Tradition is defined as the handing down of tales, beliefs or customs from generation to generation.

This year many new traditions were ignited at River Forest. A few other traditions were snuffed for various reasons. These traditions were ignited in many aspects of the school activities. Homecoming, Spirit Week and many other

activities were influenced by these new flames. Students' fires were ignited as the halls became engulfed with students at the beginning of the year. Some were ablaze for their education while others were on fire for extra curricular activities.

As the school year proceeded, more flames were ignited and extinguished.

Wendy Paceley



Assembly members Jessica Nunez, Becky Cisneros, Fernanda Heridia and Sara Russi lead students to the gym for the football Homecoming assembly. Tradition: All 11th graders play "Go Big Gold" through the halls. The Assembly also did the routine to the school song during the pep assembly.



"With this tradition, the Sophomore Robert Ordway prepares to give out the trophy to his fellow yearbook members during the homecoming ceremony. This will be the last tradition of the year until the 2009 yearbook is complete."




Jason Perez, senior, directs *White Christmas* during the Christmas assembly. It is a tradition for the teachers to sing along to the second verse of the song. It is also a tradition for the band president to direct the song.



Mrs. Lisa Miranda assists Francisco Cuevas while he is giving blood during the Red Cross blood drive. The drive is traditionally held in December. This year 21 people donated their blood.

Elizabeth Schölke, student, is shown in the background of the homecoming assembly. The assembly is held in the gymnasium. The assembly is held in the gymnasium. The assembly is held in the gymnasium.

Lighting the fire

 In the fall, students returned to the halls to find some flames that needed to be rekindled or ignited. These flames may have been from previous school years or past experiences. While some students sizzled at their school work, others were on fire for education.

As the school year continued, more traditions were ignited. Powder Puff football was placed in the schedule for Homecoming. The yearly bonfire was extinguished because of previous low attendance.

New faculty and administrators were added to the staff. Mr. **Jeff Van Drie** became the new assistant principal. Mr. **Dennis Leonard** became the new athletic director and Dr. **Jim Rice** became the new superintendant of schools.

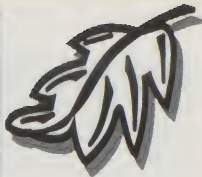
The teachers and staff as well as the students worked together to ignite many new traditions for the year. Old traditions and memories were also kept in mind. Together these put the heat on to make the school year the best possible.

Wendy Porceley



igniting tradition





Senior **Adam Baker** ties balloons together for the senior hall during hall decorations. The senior theme was "Monopolize the Bearcats." The seniors received first place in the Homecoming competition.

Mrs. **Patricia Jennings** lies in the hallway after a recent fall from a scooter. Mrs. Jennings moved to Texas in the fall. She taught at River Forest for three years.



Sophomore **Dwayne Durk** traces the outline for the traditional Joe Magarac poster. Homecoming hallways had to have the Ingot in the hall to earn points. The sophomores earned third place in the Homecoming competition.

Seniors **Jason Perez**, **Ryan Harder** and **Josh Smith** lift senior **Matt Roach** in the Powder Puff football competition. Boys dressed as cheerleaders and coached the game while the girls battled on the field. The seniors placed second in the event.

Burn^{ing} Wages

Senior Class officers grouped together to create an eventful and exciting year during the senior year. Mr. Pat McNabb and Mr. Jason Quigg continued the tradition of serving as Senior Class sponsors. Officers leading the Senior Class during the year included President Courtney Krasoczka, Vice President Christina Burns, Treasurer Ruth Norman and Secretary Jamie Sellers.

Jamie Sellers



Amber Alexander



Thomas Ard



Adam Baker



Daniel Bolduc



Melody Brawley



Christina Burns



William Carns



Brandon Crofton



Francisco Cuevas



Mariarena Dominguez



Ryan Garner



David Gilarski



Adarius Gunn



Richard Hale



Ryan Harder



Nicole Joseph



Courtney Krasoczka



April Lewis



William Loving



Timothy Lyle

Senior Hall of Fame

Sarah Saylor



Most Athletic

Courtney Krasoczka and Angel Rosado



Best Dressed

Jacob Montes and
Fernanda Heridia



Most Likely To Succeed

Harry Manos and
Sandra Manzo



Most Photogenic

Francisco Cuevas

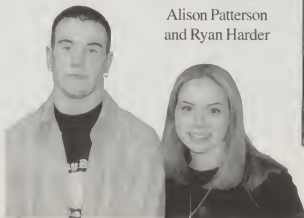


Class Clowns

Ruth Norman and Billy Carns

Worst Drivers

Alison Patterson
and Ryan Harder



Best Eyes

Steven Peek and Christina Burns





Class Flirts

Adarius Gunn and
Becky Cisneros



Class Couple

Pia Squires and Ryan Garner



Most Spirited

Adam Baker
Sara Russi and Amber Alexander



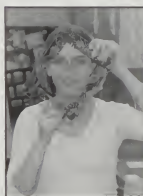
Teacher's Pet

Jason Tschopp and Wendy Paceley



Best Dancer

Jessica Nunez



Most Photogenic

Jamie Sellers



Best Smile

Marialena Dominquez

Hot Topics Seniors

Class Colors: cardinal and gold

Class Flower: white rose tipped in gold

Class Motto: The world is at your fingertips, so hold on and get ready for the ride of your life



Harry Manos



Jennifer Massey



Kymberlee McKinney



Stephanie McKinney



Ruth Norman



Wendy Paceley



Alison Patterson



Steven Peek



Jason Perez



Matthew Roach



Angel Rosado



Sara Russi



Jamie Sellers



Pia Squires



Jason Tschopp



Daniel Vandevender



Tammy Vaughan

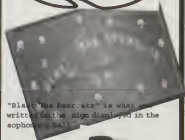


Aisha Wright

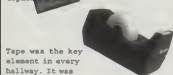
Senior **Tim Lyle** heads to the gymnasium during lunch to play basketball. Tim was dressed up for Farmer Day by wearing his overalls and straw hat.



Sophomore **Kristina Komenich** rings the bell during the mock Spell Bowl competition. The mock Spell Bowl is a Homecoming tradition at River Forest High School.



"Place the Bear-ate" is what was written on the sign displayed in the sophomore hall.



Tape was the key element in every hallway. It was something every class found helpful.



There's a lot of tape in every hallway. It's a key element in every hallway. It's a key element in every hallway. It's a key element in every hallway.

Junior **J.R. Butchko** flips **Ricardo Rodriguez** over his shoulder in the Junior Class skit. The skit ended with **Chris Davis** busting a silver guitar filled with baby powder over J.R.



Francisco Cuevas, senior, sits next to Dr. Wright and discusses the predicted outcome of the game. Francisco was called down to the gym floor during the pep assembly by Dr. Wright. He gave Francisco the gift of corn detassling gloves to help him catch the football during the game.



An Exploding Week

Homecoming week is a tradition that has been carried throughout River Forest for many years. This year the Homecoming tradition was different from others. Many different things occurred. For instance this year the annual bonfire was canceled because of the lack of attendance in the previous years. Although the bonfire tradition was burned, it did not stop our new tradition of

the Powder Puff football game. The dress up days even seemed a bit different than years previous. Of course there was still Pajama Day and Red and Gold Day, but this year also included Farmer Day and Famous Person Day.

All and all it was an exploding week with many activities for the RF students to remember.

Sara Rusi



Vanessa Walley, sophomore, eats her lunch while wearing her yellow and pink elephant pajamas. Many girls wore pajamas with various animals on them.

Sophomores Ashely Ayres and Amanda Alexander put the foil on their rocket for the parade. The sophomores' float tied with the seniors' float for second place.



The senior powder puff team lets out a shout of joy as they are held up by the male cheerleaders. The seniors were celebrating their victory over the Sophomore Class during the Powder Puff tournament.



Marialena Dominguez smiles for the camera in the gym lobby. Marialena was escorted by Adam Baker at halftime.



Courtney Krasoczka is struck with disco fever as she poses for her Homecoming court picture. Courtney Krasoczka was crowned the 2000 Homecoming queen later that night. She received her crown from last year's Queen Annie Kearby.

A Well Night

Following a week of excitement was the actual Homecoming game. The game started at 6 p.m. and was played against Wheeler High School. At half time they announced that **Steven Peek** was the winner of Mr. Football. Then the band came out and performed *La Pantera* (the panther) and *Oye Como Va*.

After the band had

performed, it was time to announce the winner of Homecoming court. **Courtney Krasoczka** won the title which was followed by hugs from her friends.

It was time for the game to proceed. In the end River Forest was victorious over Wheeler with the score of 28-14. The Homecoming dance was held in the cafeteria after the game until 11 p.m.

Sara Rusti



Amber Alexander holds a rose in her hand and smiles as the camera man snaps the picture. This was Amber's first time on Homecoming court.



Steven Peek, senior, receives his award for Mr. Football during halftime. Mr. **Tim Gault** the football head coach presented him with the signed football. After Steven received his award he ran back to the locker room with the rest of his team.



Bernard Jansen plays the National Anthem during the pregame show. The band also played the school song after they had finished playing the National Anthem. The band exited the field after they played the school song.

Senior **Adarius Gunn** carries the ball across the field during the Wheeler game. The Ingots succeeded in beating Wheeler High School.



Joshua Elea and **Danielle Walker** get ready to boogie at the Homecoming dance. **Angel Rosado** was the DJ of the dance. Many popular songs were played during the dance.



Freshman **Jennifer Poe** sits down and watches people out on the dance floor. In spite of all of the excitement many RF students chose to sit out a few songs during the Homecoming dance.

Christina Burns poses like a model for the photographer. Christina was the vice president of the Senior Class.



The rifle squad salutes the stands during the playing of the National Anthem. The rifle squad experienced a new coach this year. Mrs. **Tammy Halcomb** took over the Auxiliary Corps for the first year. In addition to the flags and rifles the Auxiliary Corps used poms during the halftime show.

Jamie Sellers strikes a pose for the camera as the camera man takes pictures of all the Homecoming candidates. Jamie was escorted onto the field by her brother, alumnus **Mike Sellers**.

New Flame for Ingot Football

Gunn, Lyle, Cuevas, Peek, Sobel and Crofton were six seniors who led this season's team," says coach **Tim Gault**. **Rafael Price**, junior, was another man who led the team. Before the season started the team set out three goals to accomplish. Their goals were to win conference, have a winning season and to win sectionals. South Central is the only other team in conference so beating them gave them the conference title. Along with beating South Central they secured themselves

a winning season. They then moved into the post season where they increased their record to 7-5. As for winning sectionals they ran their way into the championship game like they did into the end zone. After a hard fought game vs. Culver Community the Ingots fell with the score of 20-34. Another flame from the season was when the Ingots shutout the Lake Station Eagles 66-0. This is now a new school record for touchdowns scored in a game.

Courtney Kiaraczka



Senior **Matt Sobel** carries the ball looking to gain yardage vs. Wheeler. Matt finished the year with 654 rushing yards. Matt earned an Honorable Mention award at the end of the season.



Senior **Steve Peek** (66) gets into position on the offensive line. He was third on the team in tackles with 131. Steve's teammates also voted him Mr. Football. He was awarded at the Homecoming game.



Senior **Francisco Cuevas** (2) holds the ball for senior kicker **Tim Lyle** as he kicks an extra point. Tim did all the kicking for the Ingots and played on both sides of the ball. He averaged 40.9 yards on kickoffs with a total of 2,454 yards and led the team in interceptions with five.



Starting to run after catching the ball from a punt is junior **Rafael Price**. Rafael ran the ball back for a touchdown off of punts five times with a total of 115 yards. He was fifth in the area in receptions with 46 and a total of 1,198 yards.

Senior **Adarius Gunn** (4) throws the pigskin to one of his teammates. Adarius led the area in passing this year with 2,312 yards and 30 touchdowns. Going into sectionals he had thrown only one interception.



Calumet	35-55
Whiting	14-7
Kankakee Valley	35-49
Lake Station	66-0
Wheeler (H.C.)	28-14
North Newton	35-21
Lafayette Central	14-28
North Logan	6-26
South Central	2-24
Sectionals	
Triton	48-1
LaVelle	26-21
Culver	20-34

Francisco Cuevas, senior, lines up on the offensive line for a play. Francisco ended the season with 25 receptions and a total of 373 yards. He also played defense and had 81 tackles.



Ingots defensive line breaks away from a huddle during the Homecoming game vs. Wheeler. Leading the Ingots defense was sophomore **Robby Saylor** with 164 tackles. Defensively the Ingots were 25th in the area and fifth on offense.

Football Awards

MVP

Don Ekblad, Harold Lennier, Scott Westmoreland, Taylor Salas, James Gildersleeve, Derek Rundberg, Jesus Renteria; row 2: Terry Cuffman, Oscar

Rafael Price

MIP

Adarius Gunn

All Conference

Tim Lyle, Steve Peek, Adarius Gunn, Rafael

Price, Sal Montes

Honorable Mention

Matt Sobel, Steve Zoni

Junior High Football Team: first row: Derek Boad, Don Ekblad, Harold Lennier, Scott Westmoreland, Taylor Salas, James Gildersleeve, Derek Rundberg, Jesus Renteria; row 2: Terry Cuffman, Oscar

Venegas, Mike, Managers, Derek Griffin, Josh Ekblad, Anthony Mundo, Luis Ramirez, Jeremy Maza; row

3: Ayanda Deepson, Nathan Waters, Bruce Hendry, Bruce Rundberg, Wade Olesby, Juan Gino, Tim

Agutur, Carlos, Ray Ortiz, Carlos Muniz, Harry

Bigott, Mitch Minarich, Juan Martinez, Harry

Dowling, John Trezak, Mike Swanson, back row

Coach Rodney Thompson, Coach Brian Ray and Coach Brent Lamey.



Varsity Football Team: first row: Coach Kirk Whiting, Matt Sobel, Jason

Lozano, Mike Fox, Anthony Ortiz, Francisco Cuevas, Coach

Lane, Carmelo Venegas, Coach Tim

Gault; row 2: Coach Frank Diaz, Chuck

Roth, Alfonso Martinez, Aaron

Robby Saylor, Anthony Travis; row 3:

Steve Zoni, Brant Heavilin, Steven

Clifford, James Cruz, Francisco Cuevas,

Guzman, Adarius Gunn back row: Matt

Lopez, Steve Peek, Hector Mercado,

Rocky Price, Edgar Ramos, Justin

Stacey Gunn and Tim Lyle.



Flaming New Team

Coach Melinda Sutherland experienced her first year of coaching in the high school this season as the junior varsity volleyball coach. Most of the team consisted of freshmen, with the exception of three players. After the season was complete the final record was 5-20. This team's record does not show much about

the team. "They fought hard every match and never gave in," stated Coach Sutherland. Leading this team was sophomore **Kristina Komenich**. She led in hitting and digs. "I wanted to win and work my way up to varsity. That's why I was always diving for every ball," responded Kristina.

Courtney Krasoczka



Freshman Amber Morris bumps the ball backwards over the net to her opponent. Amber was a valuable asset to the team in passing.



Lisa Wallace, freshman, serves an ace vs. Westville. Lisa sometimes found herself being the backup setter for teammate freshman Melody Myers.



Junior Leslie Blankenship passes the ball over to her opponent as teammate Lisa Wallace watches on. Leslie was the only junior on the team and team captain. This match was vs. Westville, which they lost in three games.





Freshman **Melody Myers** (4) sets the ball up to her teammate **Danielle Kempski**, freshman, as she makes her approach. Melody was the team's starting setter. Both girls had the privilege of dressing varsity for sectionals.

Bumping the ball up to her teammate, sophomore **Amber Carroll**. Amber's main position was digging in the back row. Later in the season she worked her way into the front row hitting.



First year coach, **Melinda Sutherland** gives advice to her team between games. This game was vs. Westville which they lost but did not give in. They went three games with them.

Danielle Kempski, freshman, serves the ball to Westville. Danielle led the team in blocks this season. She also had a chance to dress varsity during sectionals.

Seventh Grade Volleyball Team:
first row: Karissa Garner, Julia Horn, Alisha West, Amber Barnes, *back row:* Coach Keille Hyden, Bethany Baker, Mikal Minarch and Jessica Stryyk.



Eighth Grade Volleyball Team: *first row:* Savina Salas, Nichole Mlodagovich, Amber Coleman, Kocio Cisneros, *back row:* Ashley Montia Solis, Rachel Sutherland, Brandy Lightfoot, Brandy Pardun, Maria Solis and Coach Pamela Garrison.



Junior Varsity Volleyball Team: *first row:* Lisa Wallace, Amber Morris, Leslie Blankenship, Danielle Walker, Jennifer Guzman, Jody Soliday, *back row:* Tara Quinnan, Amber Carroll, Melissa Arnold, Danielle Kempski, Paulina Ballabero and Coach Melinda Sutherland.



Burnt Out Season

A rough season started with the loss to Morgan Twp. on August 15. The Hobart Invitational was the weekend where the Lady Ingots played in three matches and came out winless. Their first win came while playing Lew Wallace. At that point in the season their record was 1-12. The Ingots then came in second in their own invite, losing a hard fought match vs. Westville. The Lady Ingots did however defeat

Westville in the normal season to place fourth in conference play. Once again in conference play in the tournament held on October 7, Westville defeated River Forest leaving the Ingots in fifth place. A tough season ended with a loss to Hebron in the bi-round of sectionals. "I hoped that my final season in volleyball would have turned out better, but my teammates made it fun," stated senior **Amber Alexander**.

Courtney Krasoczka



Silvia Montes, junior, serves to Westville. Silvia was a co-captain and was later named Most Valuable Player. Silvia played strong side for hitting and right side in the back row.



Jamie Sellers, senior co-captain, serves up an ace vs Westville. Jamie was a co-captain. She found herself playing all three hitting positions as the season went on.



Amber Alexander, senior, jumps high to slam the ball over the net at her opponent. Covering around her hit are teammates **Elizabeth Hall**, junior, and **Leann Cicillian**, junior. Amber played both strong side and outside hitting this season.



Junior **Natalie Quinlan** passes the ball as teammate **Silvia Montes**, junior, backs her up. Natalie was the team's best passer and a dominate strong side hitter. At the end of the season she was named All Conference Honorable Mention.

[illegible]

"Go go get 'em get 'em go get 'em go" was the Lady Ingots cheer before every match. After a team prayer led by senior **Jamie Sellers** in the middle of the court, the team would chant this cheer. This helped the team get pumped up for their match.

[illegible]

Burning Up the Trails

The boys' cross country team finished the season with a 9-6 record. This was the first winning season in seven years.

For the second year the team was led by **Dustin Coleman** who finished first on the team in every meet.

Three newcomers to the team were **Adam Baker**, **Andy Jarvis** and **Robert Ordway**. This was also the first year for Mr. **Jason Quigg** as coach.

The second, third, fourth and fifth runners on the team were

Justin Carlson, **Robert Ordway**, **Harry Manos** and **Jason Tschopp**, respectively. **Andy Jarvis** and **Adam Baker** were the sixth and seventh runners.

"The team improved greatly as the season progressed. It was a new experience, and I enjoyed the challenge," said Coach **Quigg**.

The boys' team finished second at the NAC meet, losing by only one point to Marquette. This gave the boys' team motivation for next season.

Robert Ordway



Leading the pack, sophomore **Dustin Coleman** keeps the pace fast. He was later named Most Valuable Runner of the team. This was Dustin's second year being the top runner on the team.



Freshman **Andy Jarvis** pushes his limits to pass an opponent. Andy was the only freshman on the cross country team this year. The effort during practice Andy gave showed in his running at all of the races.



The gun fires as the boys' cross country team starts the race. The boys did a run out just before each race. The boys' team also talked strategy while in a huddle every meet.





Looking on, sophomore **Robert Ordway** knows there is a long race ahead of him. He was later named the Most Improved runner of the team. "Missing the all conference team by one position this year will set even higher goals for me next year," said Robert.

A slipping jersey does not slow down sophomore **Justin Carlson** from keeping up the pace. Justin was the second runner of the team this year. He made the All Conference Team for the first time this year.



Gasping for a breath of air, senior **Jason Tschopp** fights to stay in the race. This was Jason's fourth year on the varsity cross country team. He also broke the twenty minute mark this year with a 19:04 which was his high school goal.

Staring ahead, senior **Harry Manos** keeps himself ahead of the other competitors. Harry was on the varsity team and he lettered all four years. Harry placed in the top half of the competition in each meet.

Cross Country Awards

MVP Dustin Coleman
MIP Robert Ordway
All Conference Duster
Coleman and Justin Carlson
Honorable mention
Robert Ordway and Harry Manos

8th	1st	3rd	1st	2nd	1st	2nd	1st	2nd	3rd
Dustin Coleman	Justin Carlson	Robert Ordway	Harry Manos	Jason Tschopp	Adam Baker	Robert Ordway	Harry Manos	Justin Carlson	Robert Ordway
Invitational	Central	South Central	New Prairie	Invitational	Gary Wirt/Morgan	Jwp	Hobart/Lake Shalom	Whaling	Sectionals
Invitational	Central	South Central	New Prairie	Invitational	Gary Wirt/Morgan	Jwp	Hobart/Lake Shalom	Whaling	Sectionals
Invitational	Central	South Central	New Prairie	Invitational	Gary Wirt/Morgan	Jwp	Hobart/Lake Shalom	Whaling	Sectionals
Invitational	Central	South Central	New Prairie	Invitational	Gary Wirt/Morgan	Jwp	Hobart/Lake Shalom	Whaling	Sectionals
Invitational	Central	South Central	New Prairie	Invitational	Gary Wirt/Morgan	Jwp	Hobart/Lake Shalom	Whaling	Sectionals
Invitational	Central	South Central	New Prairie	Invitational	Gary Wirt/Morgan	Jwp	Hobart/Lake Shalom	Whaling	Sectionals
Invitational	Central	South Central	New Prairie	Invitational	Gary Wirt/Morgan	Jwp	Hobart/Lake Shalom	Whaling	Sectionals
Invitational	Central	South Central	New Prairie	Invitational	Gary Wirt/Morgan	Jwp	Hobart/Lake Shalom	Whaling	Sectionals

Junior High Boys' Cross Country Team:
first row: Tim Arnes, Robert Richardson, Ricky Long, Joe & Tom Tate
second row: Zverinski, Matt Sanders, Coach Mike Lyons and Diego Gonzalez.



Boys' Varsity Cross Country Team: first row: Justin Carlson, Jason Tschopp, Robert Ordway, Adam Baker, Harry Manos, Dustin Coleman, Coach Jason Quigg



Trail Blazing

With only three girls on the varsity cross country team it was a difficult season for them. The girls lacked a team record this year because they did not have five members which was needed for a complete team. This year the girls ran at each meet to better their personal records and

compete with other teams. Over the summer the cross country team went every Thursday to the Indiana State Dunes. For training the team ran up and down steep sand hills while competing against each other in races to better themselves. After a long endurance run the team would cool off by taking a swim in Lake Michigan.

Robert Ordway



Pacing herself, senior Becky Cisneros, stays focused on the course ahead of her. This was Becky's fourth year on the girls' varsity cross country team.



Senior Marialena Dominguez pushes herself to stay in front of the competitors. She was later named Most Valuable Runner. This was Marialena's fourth year on the girls' varsity cross country team.



First year cross country Coach, Jason Quigg watches the girls' cross country team get ready to start the race at Robinson Lake in Hobart. The girls did some final stretching to get loose just prior to each race. With a small team the girls had more room on the starting line to begin the race.





Looking at the finish, junior, **Victoria Tschopp** pumps her arms to keep her speed up. She was later named the Most Improved Runner on the team this season.

Running the course, junior **Victoria Tschopp** and senior **Becky Cisneros** stay ahead of their opponent. Both girls ran together during most of the meets.



Senior **Becky Cisneros** opens up her stride as she picks up the pace. Becky placed seventh in the conference meet. She also placed second on the team in almost every race. This year Becky placed high enough to make the all conference team.

Staying in front of a competitor, senior **Marialena Dominguez** runs to the finish line. After the season finished, Marialena received a plaque for lettering four years in cross country.

Girls' Varsity

Cross Country

Team: first row: Victoria Tschopp; back row: Marialena Dominguez, Coach Jason Quigg and Becky Cisneros.



Junior High

Girls' Cross Country Team:

first row: Becky Cisneros, Coach Mike Lyons, Marisol Carrillo; **back row:** Christina Burge, Rebecca Dominguez and Jennifer Medrano.



Cross Country Awards

MVP: Marialena Dominguez

MIP: Victoria Tschopp

All Conference: Marialena Dominguez and Becky Cisneros

Honorable Mention: Victoria Tschopp

N/A

N/A

N/A

N/A

N/A

N/A

N/A

N/A

N/A

N/A

Gavitt Invitational

Hanover Central

Lowell/Helbron

South Central

New Prairie Invitational

Gary Wirt/Morgan Twp

Hobart/Lake Station/Whiting

Highland Invitational

Westville

Hobart Invitational

Whiting

NAC Meet

Sectionals

Flaming Aces

One more sectional trophy was added to the case for the tennis team. This was the tennis team's third straight year winning sectionals. Winning the Lake Station Invitational was the first in school history. Leading the way to winning sectionals and the invite this season were number one singles player **Angel Rosado**, number three singles player **Nick Roach** and number

one doubles players **Matt Roach** and **Jason Perez**. The team's record this season was 14-3, which is a new school record. Their season ending with a loss to Valparaiso in regionals, 0-5. Coach **Al Dettlerline** said, "I was proud of the team not just because they won the Lake Station Invite and sectionals, but also because they were focused on their game."

Courtney Krasoczka



John Clark, sophomore, hits a forehand ball back to his opponent. John played number two doubles with sophomore **Emmanuel Garibay**. They ended their season with a record of 9-8.



Number three singles, freshman **Nick Roach** serves the ball. Nick was awarded the Most Improved Player of the year. Nick finished his first varsity season with a 15-2 record.



Angel Rosado, senior, forehand slams the ball back to sophomore **Aaron Gutierrez** during warm-ups. Angel played number one singles and was named the Most Valuable Player on the team. Angel finished his career with 55-11 as his final record.



Returning a ball back to his opponent is sophomore **Aaron Gutierrez**. Aaron played number two singles and his season record was 9-7.

Serving a point is senior **Jason Perez**. Jason played number one doubles. Jason said that he liked playing with his partner "Scottie too Hottie," **Matt Roach**.



Senior **Matt Roach** practices his serve during warm-ups before a match. Matt played number one doubles with senior **Jason Perez**. Their season record was 14-3. Matt was awarded the Mental Attitude Award at the finish of the season.

Emmanuel Garibay, sophomore, practices his serve with his doubles partner before a match. Emmanuel played number two doubles with sophomore **John Clark**. This was Emmanuel's first year on the varsity tennis team.

Tennis Awards

MVP
Angel Rosado
MIP
Nick Roach
Mental Attitude
Matt Roach

5-0	Roosevelt	4-1	Clark	4-1	5-0
1-4	Kumakee Valley	5-0	E.C. Central	3-2	3-2
4-1	Marquette	3-2	Morton	4-1	4-1
5-0	Lew Wallace	4-1	Hammond High	2-3	2-3
3-2	Sectionals	4-1	Morton	4-1	4-1
5-0	Lake Station	won (17 pts.)	Gavit	5-0	5-0
0-5	Horace Mann	4-1	L.S. Invite	4-1	4-1
	Regionals		Griffith		
	Valparaiso		Horace Mann		

Boys' Varsity Tennis

Team: first row: Nick Roach, Andy Knies, Billy Cox, John Clark; back row: Matt Roach, Emmanuel Garibay, Aaron Gutierrez, Jason Perez, Angel Rosado and Coach Al Dettlerine.



Melting the snow



Winter months brought about many changes at River Forest. As days grew shorter and colder, students

knew that it would be time to throw another log on the fire.

Students had the chance to take a break from all of the chaos that comes with the winter season when a day of school was cancelled because of excessive snow. Other chances to take a break during winter included Christmas vacation and president's weekend.

Students received the opportunity to enjoy the season at the traditional Turnabout dance. Fifty-five couples attended the dance where burning tradition says girls ask the boys.

Another traditional event in the winter was Career Day. Students gathered in the gymnasium to hear **Ken Johnson** speak about being motivated. The speech that involved an eagle in the house also left the thought, "Don't be stuck on stupid."

The annual Basketball Homecoming ceremony also created a memorable week. After all of the Homecoming activities were concluded, it was announced that the seniors were once again victorious in the week long competition. The basketball team won the game that night by defeating the Hanover Central Wildcats by one point.

When the groundhog saw his shadow, students knew that the winter months as well as winter activities would soon come to an end. Spring activities were about to begin.

Wendy Pacey





Junior Taylor Wilson completes the worksheet about the trees from around the world at the Museum of Science and Industry. The assignment was a requirement to go on the trip. All French classes attended the trip.

Pep band members play a familiar tune at a home basketball game. The band played at several games during the season. The band also played at a local Burger King and at the elementaries in the school district.



Senior Tom Ard prepares for finals by reviewing a trigonometry assignment. Finals were held January 17, 18 and 19. Any student who earned perfect attendance could choose not to take finals.

Freshman Megan Burrell and senior Aaron Rymer share a dance at Turnabout. The dance was held Feb. 3. The dance was attended by approximately 100 people.

Amber Alexander and Courtney Krausz participate in a revised version of the *Flamingo* dance called the *Chin-Chin Slide*. Many RF students knew the dance since it was played at previous school dances.



Sophomore Ashley Ayres holds her camera as she prepares to take a picture of a group of guys from River Forest. Root Studios set the guys up with the background while many girls stood behind the photographer to take their own pictures.



This year's tickets were dark blue with pictures of fish on it.

Two dark blue pillars were placed where everyone took their pictures. The pillar was covered with brown and white material.



Heather Rogyom and Chris Davis slowly dance to *It's a Wonderful Life*. Every time a new song was played the dance floor would be filled with couples.



Senior Angel Rosado jumps in the center of the dance floor to show off his dance moves. Angel tried to recruit other Ingot students to join him in the circle, but most of them were reluctant to Angel's shenanigans.



On February 3, the elementary gym quickly filled with RF students dressed in their formal attire. The annual Turnabout has been a tradition at River Forest High School for over 25 years. As part of the Turnabout tradition it is customary for the girls to ask the guys to go to Turnabout. The gym was transformed into a

on the dance floor

tropical island. Fifty-five couples attended the dance which started at 7 p.m. and ended at 11 p.m. The music was provided by A Sound Decision. Root Studios came out and photographed the dance. Senior Class President **Courtney Krasoczka** stated, "All and all, I think that Turnabout was a great success."

Sara Rusri



Evelina Verduzco, sophomore, chuckles at the antics of the person in the center of the circle. All of the students joined in a circle and had different people dance in the center of it for amusement.

Sophomores **Amanda Alexander** and **Tara Camarena** show their silly side as they dance on the floor. Many girls dance with each other due to the fact that most of the guys did not want to dance.




Freshmen through seniors join together to "ride the train" throughout the elementary gymnasium. After the train went all around the gym it broke off at the dance floor where everyone continued to dance.

Sophomore **Josh Halcomb** shovels large amounts of ice cream in his mouth with reckless abandon in an attempt to win the ice cream eating competition in the Crazy Olympics. Despite Josh's attempt junior **Chris Davis** was the winner of that particular competition.




Senior **Bill Loving** sports his gear from Morehead State University. On Wednesday if RF students wanted to wear a hat they had to pay one dollar which went to a children's hospital.






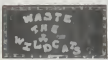
Hot Memories



Stacey Gumm's face was placed into a body of a monkey then hung in the junior hallway.



This was one of the scoreboard's used in the mock super bowl competition during the pep assembly.



Taylor Wilson, junior, sorts out the letters to place on the bulletin board at the end of the junior hallway. Many of the other juniors helped in completing the bulletin board.



Freshman **Meagan Burell** rapidly designs **Nick Roach's** face before the pep assembly. Meagan also did the makeup design on "Homey the Clown" for the freshman skit.



Flaming Week

River Forest was ablaze as the students' fire came through the halls for Basketball Spirit Week. Not one Spirit Week is alike. Each one is different in its own way. This year we did not have school on Monday so the festivities started on Tuesday. RF students kicked off Tuesday with their pajamas for Pajama Day. After school on Tuesday students stayed after to help decorate their hallways.

Wednesday was a step into the future with College Day. Students wore their college paraphernalia on that day. On Thursday students wore western attire for Western Day. Later that night they joined back up at the school for the Crazy Olympics. Friday was of course Red and Gold Day. During sixth and seventh hour there was an assembly held to raise spirit among the students.

Sara Russett



Freshman **Jimmy Vinader** steadily works on the freshman banner. The freshman banner took first place out of all of the other banners.

Junior **Silvia Montes** tugs on a rope during the Crazy Olympics. The Junior Class won the Crazy Olympic events.



Mr. **Jason Quigg** prepares for the beginning of the tug-o-war competition. Mr. Quigg and Mr. Moffett acted as referees for all the events.



Senior Amber Alexander escorted by Ruben Deleon, senior, slowly but gracefully makes her way out into people's view. Amber was voted Most Spirited for the Senior Class in the senior superlatives.



Melting Memories

The Homecoming game is always a big part of the River Forest community. This, being the last Homecoming for seniors, was probably one that will stand out among others. Not only was the game memorable, but four different titles were given to members of the Senior Class that night. Miss Ingot Spirit was awarded to Becky Cisneros. Jason

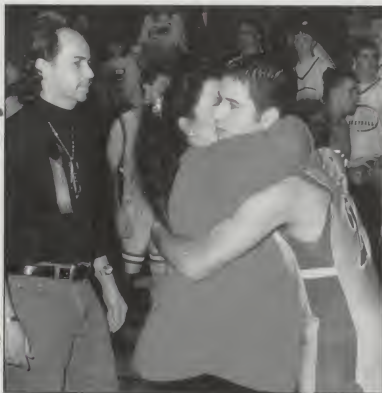
Tschopp received Mr. Ingot Spirit. Angel Rosado and Marialena Dominguez received the titles of Mr. and Miss Basketball. After all of these titles were handed out the boys' basketball team went on to defeat the Wildcats 64-62. After the game the Ingot Room was opened for the Homecoming dance which ended at 11 p.m.

Sara Russett

Senior Becky Cisneros escorted by Ricardo Rodriguez, junior, smiles as she makes her way onto the basketball court. It is a tradition in the Cisneros family to win Mr. and Miss Ingot Spirit.



Senior Jamie Sellers hesitantly walks out as the last female candidate for Miss Ingot Spirit. Jamie was escorted by sophomore Mike Fay.



Angel Rosado senior hugs his mother Delia Rosado right after he is announced as the 2001 Mr. Basketball. Angel has been on the varsity basketball team since his freshman year of high school.



Senior Marialena Dominguez, Miss Basketball, smiles for the camera with alumna Tracie Mezera former Miss Basketball. Tracie was at the game to present the award to Marialena.



Jason Tschopp, senior, shoots a layup during the warm up at the beginning of the game. Jason was team manager since his freshman year and as an award for his faithfulness he was allowed to dress for his senior Homecoming game.



Senior Tim Lyle shoots for the basket at the Homecoming game. The Ingots played against Hanover Central Wildcats for that game.



Senior Courtney Krasoczka walks out with a smile as she is escorted by senior Jason Tschopp. Courtney kept a smile on her face even though she knew she could not win because she was the Football Homecoming Queen.



Becky Cisneros, senior, is crowned Miss Ingot Spirit by former Miss Ingot Spirit Becky Chirch. Senior Jason Tschopp received the title of Mr. Ingot Spirit that same night.

Auxiliary Corps members strut their stuff while performing *Come on Over* by Christina Aguilera. The Auxiliary Corps performed this same dance during the pep assembly on Friday.



Christina Burns smiles as she and her escort Adam Baker make their way onto the court. Adam Baker was also running for Mr. Ingot Spirit.



Smothered

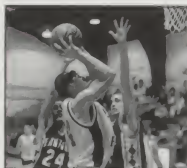
The boys' junior varsity basketball team's effort might not have been exhibited in their record but was definitely shown during all of their practices. The first half of the season was rocky for the junior varsity team having a 1-8 record. The potential was shown by all the players, but the team was having a problem gelling together when playing as a team.

"The start of the season was very hard for us as a team but with excessive practicing and scrimmaging against the varsity every day the team slowly pulled together as a whole then began to start winning. If we would have pulled together earlier in the season our record would have been a

winning one for sure. I thought the game against South Central was one of the team's better games of the season. I had eight rebounds and scored 21 points while the rest of the team connected with many crucial shots that were important in our win," said Aaron Gutierrez as he reflected back on the season.

When the varsity hit their big winning streak at the midway point of their season the junior varsity also found the same inspiration which helped them to a record of 6-4 in the second half of the season. One advantage the junior varsity team had was getting free tickets to all of the varsity games past the regular season.

Robert Ordway



With two defenders going up to block his shot, junior Stacey Gumm protects the ball as he puts up a shot attempt towards the basket. Stacey also dressed most of the varsity basketball games this year. In the game against South Central Stacey didn't let any passes get inside the key as he had a season high of four steals.



Junior Eli Gregory (34) burns past his opponent as he goes up for an easy lay in off the back board. This year Eli shot 70 percent from the free throw line which was the second highest on the team. This was also Eli's second year on the boys' junior varsity team.



The boys' junior varsity team gets together to discuss some last minute strategy against the opponent and the players get a "team" just before the starters take the floor. Almost every player started at least one game this year, but it was not just given to anybody. The starting position had to be earned by showing hard work during practice.





Driving through the lane sophomore **Mike Fay** passes three defenders and uses his speed to get past the Hanover Central players. This season Mike led the team in assists with 29 and also led the team in steals with 27.

Sophomore **Dustin Coleman** takes his opponent to his strong side as he jumps toward the basket in effort to make the shot. This was Dustin's second year on the boys' junior varsity basketball team. Dustin's high scoring game this year was 16 points against Westville.



Junior **Charles Roth** puts the ball up strong under the basket against two larger opponents. This year Chucky finished the season with 24 offensive rebounds and led the team with 50 defensive rebounds. Chucky was on the varsity line-up when the team went to semi-state this year.

After making a steal, freshman **Nick Roach** (30) takes it down court on a fast break for a layup while the defender can only watch as he scores. Nick was the only freshman to make the junior varsity team this year. Towards the end of the season Nick also dressed for the varsity team.

Coach **Joe Burleson** smiles to the camera as he climbs up the ladder with scissors in hand ready to cut down a piece of the net after winning sectionals at Boone Grove. Coach Burleson has been coaching for 36 years. After his long wait he has finally won a sectional title in basketball.



Boys' Freshman Basketball Team:
first row: Jeff McNabb, Carmelo Venegas, Adam Martinez, Pete Jimenez
back row: Coach Brandon Ragan, Andy Jarvis and Zachery Herdila.



Boys' Junior Varsity Team: first row: Charles Roth, Andrew Verdugo, Robert Orsaga, Mike Fay, Nick Roach, back row: Stacey Gamm, Hector Mercado, Dwayne Darks, Eli Gregory, Brant Heavilin and Coach Joe Burleson.



Blast Furnace

What is an Ingot? A regional champion." This is what read on T-shirts that many students, teachers, faculty and parents wore to River Forest's first ever semi-state appearance. The Ingots' season did not look too promising after finishing the previous season 3-18 and starting this season 3-8. After defeating Hammond Gavitt the Ingots went on a five game winning streak. Within those five games were two important and exciting conference wins leading to a share of the conference title. Their streak then ended in a 50-37 loss to Washington Twp. Another winning streak then started with a 57-56 win over North Newton and kept winning until they met Ft. Wayne Harding in semi-state. Going into sectionals the Ingots were thought to have no chance by the newspaper critics. The Ingots proved them wrong and won the school's first ever sectional title. In the first round of sectionals with the Ingots down 69-68 and the clock running out, senior **Angel Rosado** stepped into the spotlight again. With

three guys guarding him at half court Angel threw up a hail mary shot, and it swooshed at the buzzer. In the second round vs. Boone Grove the score was 35-35 when junior **Rafael Price** had the ball and got trapped in the corner. Rafael was able to find Angel behind the arc to hit a three with three seconds left for the win. The championship game was vs. cross town rival Lake Station. With less than 30 seconds in the game, senior **Adarius Gunn** hit a three from the corner to secure the win. The final score was 38-31, "the thirst for first was over." Ingots and Warriors packed the sold out "Blast Furnace" for the regional 17 game. At the sound of the buzzer the scoreboard read Ingots 47, Warriors 42. The Ingots made an appearance at semi-state playing Ft. Wayne Harding, but lost 69-38. After the game was over the Ingots left the floor for the last time this season. The players left with their heads down, but the fans gave them a standing ovation for the history making season they had.

Courtney Kwaraczka



Coach **Jason Quigg** cuts down the last piece of the sectional net at Boone Grove. Coach Quigg led the Ingots to the school's first ever sectional and regional title in basketball. This was Coach Quigg's second season as the head coach, finishing this season with a 15-10 record.



Senior **Adarius Gunn** (44) shoots a three during the first half of a game vs. Hanover Central. Adarius had the highest three point shooting percentage on the team with 42.5 percent. In the NAC championship game vs. Marquette he hit a career high of four threes. Later in the season when playing Hebron in the sectional, he again hit four threes. Adarius was named Most Improved Player at the end of the season.



Rafael Price (40), junior, jumps high in attempt to tip the ball to his teammates to gain control of the ball. Rafael led the team in rebounds this season with 158 total rebounds, 53 being offensive and 105 being defensive boards. He was second on the team in scoring, averaging 10.6 points. He led the team in blocks along with senior **Tim Lyle**, each having four.



Francisco Cuevas (32), senior, lays the ball up over the front of the rim for an easy two. "Francisco stepped up his defense big during sectionals. He was known as the defensive stopper," stated Coach Quigg. Francisco ended the season with three blocks and three charges, both are third on the team.

Angel Rosado (22), senior, follows through on his free throw vs. Hebron. Angel was named Most Valuable Player after the season for his leadership and game winning shots. Angel hit clutch free throws to win games vs. South Central and Marquette. He also hit two big shots in sectionals vs. Hebron and Boone Grove.



Before their semi-state game vs. Ft. Wayne Harding the Ingots huddle together after introductions. The team huddled together for a team chant at half court before every game. The Ingots were defeated 69-38 but exited the gym with a standing ovation for their history making season.

Dunking the ball before a game in warm ups is sophomore Justin Horn. Justin was the third leading scorer averaging 6 points a game and was third in rebounds averaging 4.2 boards a game. Justin had two big games vs. the areas best big men when playing Kankakee Valley and Marquette scoring 12 points each game. At the finish of the season he was awarded Most Improved Player along with senior Adarius Gunn.

Basketball Awards		63-15	
MVP	Angel Rosado	55-53	37-80
MIP	Justin Horn and Adarius Gunn	57-56	64-62
Mental Attitude	Matt Roach	70-46	71-69
All Conference	Adarius Gunn, Rafael Price and Angel Rosado	38-35	38-31
Honorable Mention	Justin Horn	47-42	38-69
Sectionals		Regional	
Hebron	Boone Grove	Winamac	Ft. Wayne Harding
Lake Station	South Central		

Boys' Varsity Basketball

Team: (first row: Matt Roach, Harry Manos, Adarius Gunn, Jason Tebbop, Angel Rosado, Francisco Cuevas, Aaron Gutierrez, back row: Coach Vince Rosado, Justin Horn, Sal Monies and Coach Jason Quigg.



Extinguished Season

The junior varsity Lady Ingots had a rough start, but the team played hard. At the finish of the season their record was 4-15. This season's team was led by sophomores **Kristina Komenich** and **Tonya Westmoreland** along with freshmen **Paulina Ballseteros** and **Amber Morris**. The girls' record might have not been impressive to many, but that does not show how much effort and time they put into their playing during their practices. The

majority of the team consisted of freshmen this season with the exception of four girls. Not only was the team new to high school basketball, but their coach was experiencing her first year too. Coach **Jennifer Kolan** was new to coaching basketball, but not to playing basketball. She graduated from Morgan Twp. where she was on the varsity team. "After my first year of coaching, overall I was fairly happy with how we performed," stated Coach Kolan.

Robert Orday



Sophomore **Tonya Westmoreland** shoots a long three point shot over an opponent that is right in her face. This was Tonya's second year on the girls' junior varsity team. Tonya also was one of the starting guards this year.



First year junior varsity player, sophomore **Mary Willis** (22) pulls up for a wide open jump shot as her defender trails behind her.



Coach **Jennifer Kolan** calls a time out and the team gets together to discuss strategy. Coach Kolan explains to the team the offense the team needs to beat the opponents to the basket. This was coach Kolan's first year as head junior varsity coach.



Soaring through the lane sophomore **Kristina Komenich** (15) leaps towards the basket in an effort to make the shot. Kristina was the leading rebounder of the team this year.

Freshman **Paulina Ballesteros** takes her time at the line as she shoots a freethrow. Paulina was the leading scorer of the girls' junior varsity team this year.



Coach Malinda Sutherland

explains to the girls what they need to do while on the court. The girls showed much improvement as the season progressed.



The free throw is shot and the girls box out their opponents as they try to get the rebound. The girls played hard all season and worked hard each day at practice.



Girls' Junior Varsity Team:

first row: Rachel Kurek, Danielle Walker, Lisa Wallace; *row two:* Amber Morris, Ashley Ayres; *back row:* Manager Holly Westmordland, Mary Szabo, Rachel Danielle Kampski, Paulina Ballesteros, Kristina Komenich and Coach Jennifer Kolan.



Freshman **Lisa Wallace** (11) takes a shot around the free-throw line after driving towards the lane. This was Lisa's first year on the girls' junior varsity team along with six other new members to the team.

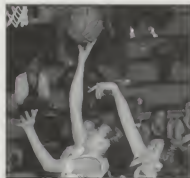
Taking the defensive player one on one sophomore **Rachel Kurek** (10) uses her dribbling skills to get past her opponent. Rachel was one of the guards on the team this year and also one of three sophomores who returned to the junior varsity team.

Heated Season

The Lady Ingots had a flaming start to their season, starting out 6-0. Their flame was then blown out by Oregon Davis in the championship game of the NAC tournament to give them their first loss. Another streak then started, but it was not one that many like to talk about; they lost their next five games. With a 12-10 finish the Lady Ingots made school history by having three consecutive winning seasons. They finished 3-2 in conference play. With their 45-44 win over South Central their winning season was secured. New to the coaching staff in 2001 were Coach Rodney Thompson and Coach Jennifer Kolan. Coach

Thompson was the varsity assistant. After the season was complete he stated, "Working with these girls was the most enjoyable coaching experience I have ever had. I am looking forward to next year but I will really miss our three seniors." Sectional time came around and the Lady Ingots could not have asked for a better draw. Their first opponent was Hebron in the bye round. Earlier in the season they were defeated by Hebron 36-71, but during sectionals the Lady Ingots gave the Hawks a run for their money. At the end of the game the Lady Ingots were defeated by the sectional champions 38-44.

Courtney Krasaczka



Sophomore Amanda Alexander jumps high over Marquette players in an attempt to score two. Amanda led the team in scoring, averaging 13.9 points a game. She was second on the team in rebounds with 142. She had a career high game vs. Gary Wirt scoring 31 points.



Elizabeth Hall, junior, picks up her dribble to pass the ball to one of her teammates. In the game vs. Marquette she had seven points and three assists. Elizabeth led the team in assists with 24. She had a game high 11 assists vs. Oregon Davis in tournament play.



Co-captain Silvia Montes (22), junior, runs out of the team huddle during introductions vs. Marquette. Silvia led the Lady Ingots in rebounding. She had 76 offensive boards and 81 defensive boards. Silvia almost had a double double in a victory over Horace Mann with 20 points and 19 rebounds.



Amber Alexander, senior, follows through on her free throw as teammate **Marialena Dominguez** watches from the lane. Amber shot 73 percent from the charity stripe. Amber followed junior **Toni Kennedy** in blocks with nine. She had a career high ten points in a win over Morgan Twp.

Marialena Dominguez, (12) senior, shoots a jump shot during the first half vs. Marquette. Marialena scored six baskets and had three steals in the game. Marialena had a career high ten points in a win over Calumet and nine rebounds vs. Argos.



Coach **Al Dettlerline** talks to his starters during a time out about what they need to be doing while on the floor. This was Coach Dettlerline's third year coaching the girls and his third consecutive winning season.

Co-captain **Courtney Krasoczka**, senior, shoots a three point jumpshot. She set the school record for number of three's made in one game with seven. Courtney had a career high game vs. Gary Wirt with 30 points and 11 rebounds. She was second on the team in overall scoring with 246 points averaging 11.8 and second in steals with 37.

Girls' Varsity Basketball

Team: front row: **Suzanne Quinlan**, **Elizabeth Hall**, **Tonya Westmoreland**, row 2: **Melody Myers**, **Amber Alexander**, **Courtney Krasoczka**, **Toni Kennedy**; back row: **Marialena Dominguez**, **Coach Al Dettlerline**, **Amber Alexander**, **Coach Rodney Thompson** and **Silvia Montes**.



Basketball Awards

44-41	Horace Mann	40-29	Griffith	44-41	MVP	44-41	Courtney Krasoczka
31-39	Morton	68-64	Gary Wirt	31-39	MIP	31-39	Natalie Quinlan
31-39	Kankakee Valley	49-44	Morgan Twp.	54-48	All Conference	54-48	Courtney Krasoczka
54-48	Marquette	52-26	Lake Station	53-64	Amber Alexander	53-64	Honorable Mention
49-42	Oregon Davis	48-21	South Central (NAC)	45-44	Silvia Montes	45-44	Mental Attitude
45-44	Calumet	48-21	Westville (NAC)	60-40	Marialena Dominguez	60-40	
45-44	South Central	51-71	Oregon Davis (NAC)	40-53		40-53	
45-44	Westville	31-76	North Newton				
45-44	Washington Twp.	40-63	Boone Grove				
45-44	Hebron	47-53	Hanover Central				
45-44		42-48	Argos				
45-44		76-71	Hebron				

Boiling Wrestlers

Not only was the wrestling room boiling, but the wrestlers' spirits were boiling over. Seniors **Ryan Garner**, **Ramon Verduzco** and junior **Matt Lopez** all advanced to regionals. Ryan also advanced to semi-state. Their season ended with a team record of 0-26. After ending a season winless most people would be a little upset. Since there were only seven wrestlers on the team, they could not officially win any matches which is why their season record had no wins. The team started out with 11 wrestlers, but by the end of the season there were only

seven on the team. New to the coaching staff was first year teacher, Coach **Dave Ortiz**. Coach **Kevin Persley** stated at the finish of the season, "Us coaches were very happy with our wrestlers' performance. They continued to improve throughout the season and never gave up." Despite their 0-26 team record, they posted a 93-79 record when all their individual records were added together. After the season was complete senior **Ryan Garner** and junior **Matt Lopez** were awarded Most Valuable and Most Improved wrestlers.

Courtney Krawczka



Ryan Garner, senior, maneuvers his arms around a Lew Wallace wrestler in attempt to flip him for a pin. Ryan was in the 135 lb. weight class. He finished his senior season at River Forest with a 28-4 record. This season Ryan advanced to semi-state where he lost in the first round.



Steve Zon, senior, puts a Lew Wallace wrestler in a headlock as he attempts to gain points in his match. This was Steve's fourth year on the varsity wrestling team. Steve finished this season with an individual winning record of 19-5.



Matt Lopez, junior, smashes his opponent's face into the mat as he attempts to pin him. Matt finished this match with a victory. Matt was one of three on the team to make his way out of sectionals into regionals where he finished his season 11-18.



Rene Garcia, sophomore, finishes his match with a victory. This was Rene's second year on the varsity wrestling team. He competed in the 103 lb. weight class. He finished the season with a 6-5 record.

Freshman **Tim Lane** stands next to Coach **Dave Ortiz** as they watch a teammate compete. Tim competed at the 125 lb. weight class. Tim's individual record at the finish of the season was 9-18. This was Coach Ortiz's first year coaching at River Forest.



Wrestling Awards

MVP **Ryan Garner**
MIP **Matt Lopez**

Lake Station Super Dual

Hanover Central
Kankakee Valley
Andean
River Forest Invite
Sectionals

North Newton Invite

Whiting
Gary Wirt
Lew Wallace
Hobart Invite
Bishop Noll

Varsity Wrestling

Team: first row:
**Matt Lopez, John Du Vane, Tim Lane, Rene Garcia, Ryan Garner, Joe Nuzzo; back row:
Brandon Sutherland, Ramon Verdusco, Mike Gonzalez, Steve Zon, Anthony Travis and Coach Kevin Parsley.**



Ramon "The Rock" Verdusco, senior, attempts to pin his opponent in the first round of a home meet vs. Lew Wallace. This was Ramon's fourth year on the varsity wrestling team. His season ended when he lost in regionals with a final record of 15-14.

Joe Nuzzo, junior, has his arm raised to show he was victorious over his Lew Wallace opponent, Joe was in the 160 lb. weight class where he finished his season 5-15. This was Joe's third year on the varsity wrestling team.



Bowling

As the bowling team went through their second year, they struggled through it. Last year the girls' team lost three seniors. This year the team added three new bowlers. The boys had only one new bowler, and the team did well. At the end of the season, the boys placed fifth overall and the girls received

seventh. For sectionals the boys' team received fifth. The girls pulled through and received second place and made it to regionals. Sophomore **Amber Carroll** placed first in sectionals as an individual. She made it to regionals for both the team and individuals.

Janie Sellers



Kara Komenich, junior, stands on the approach to attempt a strike. This was her second year on the team. Kara's average was a 116 and her highest game was a 170.



John Clark, sophomore, gets his formation ready to throw the ball down the alley. This is John's first year on the team. His average was 189 and his highest game was 247.





Senior **Frank Nuzzo** takes a deep breath before he steps off the approach. Frank has been on the team for two years. His average was 177 and his highest game was a 213.

Tara Quinlan, freshman, takes her first step to make an effort to pick up a spare. This was Tara's first year on the team. Tara's average was 127 and her highest game was an 172.



Junior **Ed Stojancevich** tries to pick up a spare. This was also his second year on the team. Ed's average was 169 and his highest score was 247.

Bill Loving, senior, attempts to get a strike. This was Bill's second year on the team. His average was 191 and his highest game was a 268.

11/3 Mon. 4:30 at Hobart Lanes
11/30 Thu. 4:30 at Hebron Lanes
12/04 Mon. 4:30 at Plaza Lanes
12/15 Fri. 4:30 at Super Bowl
12/20 Wed. 5:00 at Country Lanes
1/11 Thu. 5:00 at Stardust II
1/18 Thu. 4:30 at Hobart Lanes
1/25 Thu. 4:30 at Hebron
1/29 Mon. 4:30 at Plaza Lanes
2/09 Fri. 5:00 at Super Bowl
2/15 Thu. 5:00 at Stardust II

Varsity Girls' Bowling
Team front row: Kara
Konenich, Tara
Quinlan, Amber
Curroll; *back row:*
Heather Riggsby and
Janie Sellers.



Varsity Boys' Bowling
Team front row: John
Clark; *back row:* Danny
Farthing, Bill Loving, Ed
Stojancevich and Frank
Nuzzo.



Alumnus **Chris Shied** vividly speaks about his job at the Times. Chirs Shied has spoken at River Forest for Career Day several times.

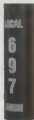


Beth Dahlgren, dental hygienist, explicitly talks about her job working in dental hygiene. Beth also discussed the importance of keeping your teeth clean.



\$20 dollars was the amount given to Becky Cisneros by Ken Johnson

The logo for Commonwealth College was clearly visible to all of the students who visited the representative.



Local Representative
Commonwealth College

Ken Johnson riles up the student body as he reminds them to be an eagle not a chicken. Ken was the main speaker of the day. He shared with the students his personal life story and how he overcame all to become what he is today.



Alumna Trina Bock discusses with RF students the job responsibilities in being a waitress. This was Trina's first year speaking at Career Day.



Five Catching Careers

Prior to Career Day Dr. Wright had all of the students fill out a form suggesting which career that they would like to visit. Each student was allowed three choices. When Career Day finally came the students were given a slip of paper stating which room they were assigned. The students then met in the

gym and heard a presentation by Ken Johnson, chaplain for the Indianapolis Colts. After Ken's inspiring words the students then went to their assigned classrooms to discuss their chosen careers. Both the junior high and high school rooms were full of students from grades 7-12.

Sara Rusri



Laura King, representative from Common Wealth College, reminds the RF students of the importance of going to college. A few months later Laura came out to River Forest again to talk to the Senior Class.

Nurse Lisa Miranda discusses with the students what it is like being a school nurse. Nurse Miranda also talked about education needed for being a nurse.



Terry Norman talks about the advantages and disadvantages of being a firefighter. Terry has been a firefighter for 22 years and was named fireman of the year.



Magmatic

Math and Science

Throughout high school every student is required to take many different classes but none as co-dependent as the science and math classes. These classes are where students will learn many basic skills to help them through college and then in life.

During this school year the science classes have done many experiments to help them better understand the world around them. The experiments

range from dissections to shooting a gun and testing the gun powder residue that was on their hands.

Walking hand in hand with science is math. This year Mr. Deterline's Algebra I classes learned about "F.O.I.L." and variables. Mr. Burton's Geometry I classes learned about the Pythagorean theorem and how to find the complete area of a square.

Josh Barker



Senior Jason Buchmeier dressed as Pythagoras. He had to explain the Pythagorean theorem in Mr. Quigg's calculus class. Many students dressed up for their presentation.



Freshman Brandon Sutherland writes on the chalkboard in Mr. Gault's seventh hour earth science class. The class enjoys many educational videos. They study the geology of the earth.





Senior **Billy Loving** diligently pays attention in Mr. Burton's first hour class. The first hour geometry class learned about parallelograms and postulates. Geometry is required for a River Forest High School diploma starting with the class of 2003.

Sophomore **James Cruz** works at his desk in Mrs. Hooks' seventh hour Chemistry I class. The chemistry class performed many experiments. Magazine logs were required for this class.



Senior **Marielena Domingez** dressed up in Mr. Quigg's class. The class learned about differentiation rules and functions. She was the valedictorian of her class.

Assistant Principal Mr. Jeff VanDrie fires a gun in participation with Mrs. Hooks' Chemistry I class. The experiment was to test the gun powder residue.

Diversity Fine arts

There are many classes that are not required in high school, but instead offered as electives. Foreign language classes, art classes and music classes make up much of this category.

Members of the band and choir spent much of the year preparing for various performances. These performances included assemblies, concerts and parades.

Members of foreign

language classes spent much of the year learning about the language and culture they chose to learn. The classes also spent time preparing for the Multicultural Fair and the weeks events before that.

Art classes learned to express themselves in a new way as they worked to finish their projects. The art fair was a way to finish the year for the art classes as well as reward them.

Wendy Parcelty



Sophomores Nicole Reed and Erin Kempki play the national anthem at a football game. The band performed pregame and halftime shows at many home football games. Band is an elective offered to both junior high and high school students.



Seventh grader Amber Barnes paints a project for art class. The art classes made paper mache projects for Multicultural Week. Art was included in the seventh grade rotation classes.

Seventh grader **Josh Hazelton** irons his apron so it can be graded. Each home economics class made aprons. Home economics was a required course in the seventh grade rotation.

Junior **Alisha Gallardo** adds the finishing touches to the shrine for "Día de los Muertos" for Spanish Classes. The class was assigned to make a shrine and write a report about a deceased person. Students could choose between Spanish and French for a foreign language class.



Senior **Fernanda Heridia** checks the binder for an ad for business class. The business class took over many of the record keeping tasks for yearbook. Mr. Weitzel was the instructor for the course.

Freshman **Melissa Manzo** records what the tree from Luxembourg looks like. The French classes took this field trip to the Museum of Science and Industry to see the trees from around the world.

Hot History and English

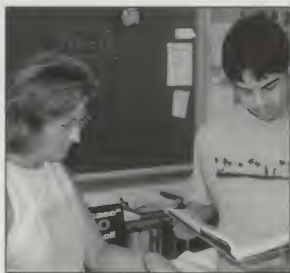
While in high school students are required to earn a number of credits in history and English courses. Each course is based on different curriculum that is outlined in the course descriptions. Students are required to do the things the teachers assign, and the teachers and students work together to make it fun.

This year the English classes participated in many activities. Freshman went to see *Romeo and Juliet* at the Shakespeare theatre at Navy Pier. Sophomores made books for Read Across America. Juniors

read many novels and wrote journals. Seniors recited a speech from Macbeth and learned many new things about the English language.

History classes spent much of the year learning about the past. They learned about current events by reporting to their classmates on Fridays. Psychology students did experiments that helped them to understand concepts such as perception, reception and trust. U.S. history classes watched *Schindler's List* as part of the World War II unit.

Josh Barnes



Mrs. Sandra Mihalik and sophomore Marco Nunez Act out a scene from *Julius Caesar*. Mrs. Mihalik took on the role of Cassius and Marco represented the naive Brutus. Mrs. Mihalik's portrayal of Cassius left Marco trembling in his shoes.



Sophomore Brandi Ortiz and sophomore Debbie Lopez discuss medieval times. They worked on a medieval life project in Mr. Hocker's sixth hour class. Debbie was a knight and Brandi was a surf.



Sophomores **Jack Stoddard** and **Mike Doffin** discuss a project for Mr Hocker's world history class. The class was to live and trade as if they were in medieval times. Each person was assigned to a different social stature.

Senior **Adam Baker** and sophomore **Michele Harper** act out a play while reading from their English books. All of Mrs. Mihalik's classes studied Shakespeare. Sophomores study *Julius Caesar* and seniors study *Macbeth*.



Senior **April Lewis** listens to a fellow student's point of view. April was a surf in the world history game. Surfs are the lowest social stature you can be.

Mrs. **Sandra Mihalik** directs her sophomore English class in their study of *Julius Caesar*. The students studied many Shakespearean plays this year. Mrs. Mihalik also read Edgar Allen Poe with her classes.

Blazing Technology

Two major parts of today's changing world are technology and communication. While some classes taught mainly communication, others touched more on technology, and only a few courses focused on both of these concepts.

The newspaper staff spent the year working to convey news to the Ingots. The staff reported current news of the junior high and high school in a monthly newspaper.

The yearbook staff worked toward a similar goal. The staff

published a book that allowed students to remember things of the past. Both staffs used computers and various other types of machines to produce the material more efficiently.

Computer classes learned about the parts of the computer. Keyboarding classes learned a more efficient way of keyboarding and word processing.

Business classes learned how to work together to operate a business and worked on data entry. The class also made a bookstore.

Wendy Paceley



Junior **Chris Davis** searches the world wide web for information for his report. Chris was in Mr. Weitzel's sixth hour class. The business class also created a bookstore to sell supplies to the school.



Freshman **Andy Knies** sorts through the pictures for his layout in newspaper. Andy was the sports editor on the staff.



Sophomore **Robert Ordway** crops pictures for his sports spread. This was Robert's first year on staff. Robert worked mainly in the sports section of the yearbook.

Sophomore **Elizabeth Waters** types a story for newspaper. Elizabeth served as the entertainment editor of the paper. This was her first year on the staff.



Juniors **J.R. Butchko** and **Justin Guzman** share some information they found on the Internet. The boys were members of Mr. Weitzel's business class. The class was offered sixth hour.

Senior **Sara Russi** checks proofs for any inadvertent errors. Sara was the activities editor for the Ingot yearbook. This was Sara's third year on the staff.

Societies

Many students work hard to be in societies. To be in Quill and Scroll you must have at least two years in yearbook or newspaper and also be a junior or a senior. In Honor Society you have to have a high GPA and must fill out an application to be approved.

This year's Quill and Scroll added a few new members such as **Sara Russi**, **Sarah Saylor**, **Courtney Krasoczka** and **Jamie Sellers**. The Quill and Scroll put together a stand at the

Multicultural Fair to raise money for the organization.

This year's Honor Society began the year with fundraisers. They were raising money for their trip to Washington DC. The Honor Society had their regular inductions and their annual field trip for the new inductees. This year's officers were **Sandra Manzo**, president; **Jamie Sellers**, vice-president; **Leann Cicillian**, secretary; and **Becky Cisneros**, treasurer.

Jamie Sellers



Sara Russi gets assistance from **Mrs. Kozma** during yearbook class. Sara was added to Quill and Scroll this year for being an outstanding student in yearbook for more than two years. Sara is also editor of the activities section in the yearbook.



Wendy Pacey has participated in Quill and Scroll for three years. Wendy was inducted for having a B average and being in a journalism class for two years. Wendy is editor of the yearbook and newspaper.



Senior **Jamie Sellers** is doing a scratching of the Vietnam wall. Every Honor Society member that went on the Washington trip was given a name to get from the wall. The Honor Society made a collage for the school with the sketches.

The Honor Society poses in front of the White House. After seeing many sites they were all excited about getting to the White House. On the way to the White House the group drove by the president.



The Honor Society poses in front of the Indiana stone at the war site in Gettysburg. That day the Honor Society went to the war site and saw a reenactment of the war. The Honor Society also went to the wax museum that day.

Leann Cicillian helps the environmental science class by measuring the distance to plant flowers at Meister Elementary. This was a fundraiser for the Honor Society. Leann is secretary of the Honor Society.

Journalists

At the beginning of the year the yearbook staff members came into the class as an individual flame and as the year went by combined together to create a fire.

The 2001 yearbook staff decided to ignite a new tradition by holding a wedding ceremony. On September 22, the Ingot staff held their wedding ceremony during sixth hour. Each staff member exchanged rings with each staffer in the class and then recited vows. After the ceremony the class had cake and drank sparkling grape juice from plastic champagne glasses.

In late September the yearbook staff attended the traditional Walsworth conference at Merrillville High School. At the conference the yearbook staff met with the Walsworth artist and he drew the 2001 cover. The staff decided on the theme "Igniting Tradition" and decided on a fiery cover.

The Ingot Informer published eight newspapers during the school year and a senior issue. The staff also broke tradition when their class was moved from the computer lab to the yearbook room.

Ruth Norrish

Senior Courtney Krasoczka places one of her nine wedding rings on the foot of junior Sarah Saylor. After the ceremony was completed the staff celebrated by having cake and drinking sparkling grape juice.



Second year staff member Jamie Sellers sorts pictures from the previous year. At the beginning of each year, the staff must separate each picture and distribute them to each person in charge of the club or sport.



Reading the story board, newspaper staffers choose stories for their upcoming issues. Before the staff began preparing for their next issue each member ran beats to their assigned teachers. The story ideas were then placed on the board and each staffer chose stories on which they wanted to report.

Assistant editor Jeanine Songer uses the world wide web to search for clipart for an upcoming story. The newspaper along with the yearbook staff accessed the web to get clipart and more modern ideas for their pages.



man Melissa Manzo prepares to begin her day in newspaper. This was Melissa's first year on staff and she served as reporter.



Wendy Pacey, senior, searches through yearbooks from other schools to get ideas for the 2001 yearbook. The third year editor discusses her ideas for the spring division page with advisor Danyelle Kozma. Not only did Wendy serve as yearbook editor she was also the editor of the newspaper.

"Dearly beloved..." recited second year adviser Mrs. Danyelle Kozma during the yearbook wedding. After Mrs. Kozma read each vow and gave each member their ring. The class exchanged rings and then proceeded to light the unity candle. "I now pronounce you the 2001 *Ingot* yearbook staff. You may produce a yearbook."

French students, Junior Joel Torres and, Ray Hernandez, standing in front of the sampling bar where they presented the classes' baked goods. April 20th's experience was an authentic atmosphere.

Scandinavian Languages

Throughout the year French and Spanish Clubs engage in traditional activities. The Spanish Club presented its annual Multicultural play. This year they performed *Sleeping Beauty*. They also held a Cinco De Mayo dance on May 4. The French Club focused on planning field trips

for all the French classes to attend. Both French and Spanish classes participated in the annual Multicultural Food Fair. Each sponsored their own booth. The Spanish class sold tostadas and the French class sold crepes. Both classes deposited the money that they raised into their club accounts.

Sarah Sayin



Junior Sal Montes smiles while he hops along. Sal's character was the prince charming frog that brought *Sleeping Beauty* back from her slumber. Spanish III performed before the student body during Multicultural Week. They spent many hours practicing this play which turned out to be a success.



Senior Sandra Manzo gives her presentation for Day of the Dead in Spanish class. Sandra was in Spanish III. She was also one of the few students who challenged themselves by taking Spanish and French.

During the holiday season the Museum of Science and Industry offered an exhibit of Christmas trees from around the world. All French classes had the privilege of attending. While visiting the museum they also had a scavenger hunt for other countries' tree decorations. Junior Sunni Paceley focuses on completing her assignment for French. Sunni is in French III and looks forward each year to this annual field trip.



62 clubs

Eric Gonzalez and Cassandra Westmoreland sample the delicacies of hot and spicy food. French classes celebrated Mardi Gras by having a party. The students were assigned to make Mardi Gras masks. Eric and Cassandra won second place in their mask.



Junior Rafael Price looks on the floor for his missing beads. Rafael proudly displayed his many sparkling beads. During Mardi Gras time French students can act out of the ordinary.

All level French classes were offered the opportunity to visit Cafe L'Amour in LaPorte. French teacher Mrs. Kuzma believes it is important to experience all aspects of the French culture.

Sophomore Tara Camarena plays her solo in *Jalapeno Dreams* at the Multicultural Assembly. Tara played the alto saxophone in the jazz band. Tara was also a member of the wind ensemble.

Melting musicians

For many students, just going to school is not enough. There are other things that are important.

Many things that students became involved in required time outside of school.

Some things that students committed themselves to were in the music department.

Students who chose to participate in the band spent time in the mornings preparing for an upcoming event.

Members of the choir were introduced to many new songs throughout the year. Both groups performed in many assemblies throughout the year.

Wendy Paccley



Senior Tammy Vaughan plays the national anthem at a football game. Tammy was a member of the high school concert band. The concert band and the wind ensemble marched at many home football games.

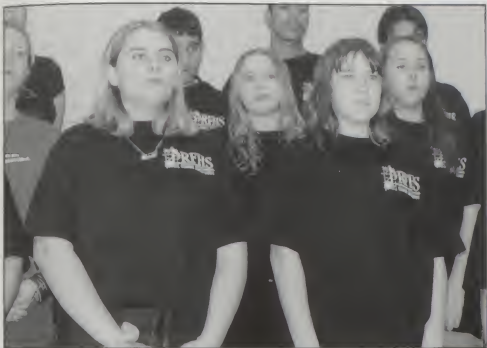


Members of the choir sing at the Multicultural Assembly. High School choir was offered second hour. The group also sang at the Christmas assembly.

Eighth grader, Eric Nunez, prepares for the junior high spring concert. The beginning bands played a tune called *Choo-choo, Cha Cha Cha* for the concert.



Choir members freshmen Tara Quinlan and April Ortiz sing in harmony at the Multicultural Fair. The choir performed at many assemblies throughout the year.



Choir director, Mrs. Virginia Scholl, directs a song at an assembly. Scholl was the director of the junior high and high school choirs as well as the music teacher.

Matt Sanders, seventh grader, counts his rests through the song. The beginning band was made up of several instruments including a percussion section.

Blistering Academic Teams

Breaking records, after school practices and trips to the Art Institute in Chicago were just a few things that the 2000-2001 Academic Teams accomplished this year.

This year's Academic Team set their minds not only to maintaining their record from last year, but also to breaking it in order to accomplish more than last year. With those goals in mind the team members were on a quest. Starting the season the members took a third place at conference.

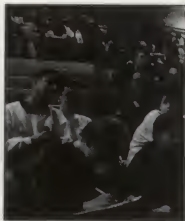
After Spell Bowl was finished the team studied long hours for their toughest competition, Decathlon. The team's work paid off. It helped them capture a spot in the state finals for the

second year in a row. The team members felt as if they finally accomplished their main goal. The team finished thirteenth at state in their division. While at state three member's were able to place and receive medals, senior **Sara Russi**, junior **Danny Munoz** and sophomore **Kristina Komenich**.

The team ended their season with Super Bowl which came as the greatest shock. The Fine Arts Team and the Social Studies Team fished in the top five in their class which gave them the opportunity to go to state finals again. Each team member ended up bringing home a medal for their accomplishments. The Academic Team kept tradition burning at River Forest and set many goals this year.

Sarah Saylor

Head Coach **Kathy Hooks** discusses the plan of attack on the day of competition at Super Bowl. Little did she know that the Fine Arts team would set a record of being the first Fine Arts team to qualify for the state finalist. Only the top five are eligible for the state competition.



At the state finals Academic Decathlon Team members junior **Danny Munoz** and freshman **Zack Heridia** relax before competition in the super quiz portion of the tests. This was Danny's third year on the team and Zack's first year on the team.

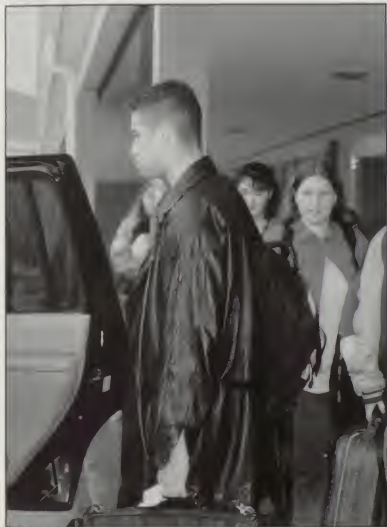


Sophomore **Kristina Komenich** flips through a dictionary while studying her words for Spell Bowl. This was Kristina's second year on the team. She also won a second place medal at state for her speech on the importance of abstinence.

Academic Coach **Mr. Kirk Whiting** loads his car with the team's luggage. This was his second year as a coach. His specialties were economics and psychology.



A bird's eye view of the competitions at the Academic Decathlon State Finals. There were 24 schools that were involved in the competition. This is the hardest academic competition. There were not many schools involved because of this factor. Each team member is expected to compete in 12 areas including a speech and an essay.



Sophomore **Brianne Gilliana** focuses on working on her assignment in humanities second hour. This class is offered to students who want to participate on the Academic Team. It helps prepare the students for all of the competitions, Spell Bowl, Decathlon and Super Bowl.

Preparing for the two and a half hour drive to Indianapolis junior **Danny Munoz** loads his luggage in the van. Danny won two medals at state. However, he made the team late the first night of competition because he was unable to find his speech, but he made up for it by his medals.

Erupting Societies

The National Junior Honor Society kept the flame of tradition burning throughout the year. The members participated in selling Uncle Jerry's items throughout the year to build the society's account for their annual spring field trip.

The Honor Society held the spring induction May 12. To be permitted in the society the member must show good citizenship and must maintain a 3.00 GPA.

On June 3, the Honor Society boarded the busses for the adventure of visiting Medieval Times in Shamburg, IL. The members spent the whole year fundraising for this event. They decided to break tradition by visiting Medieval Times instead of traveling the usual route and going to Navy Pier. For each member to be eligible for the trip they had to raise \$30 for their ticket and bus fee.

Sarah Saylor

Rachel Lightfoot stops to take time for a picture next to a Medieval Times guard. The National Junior Honor Society Joe Magarac chapter decided to take their spring trip to Medieval Times.



Eighth grader **Bernie Goin** awaits to board the bus early on June 3 to Medieval Times. "My favorite part of the trip was the sword fighting. It looked so real with all the effects," said Bernie Goin.



Eighth graders **Marisol Carrillo, Rocio Cisneros, Carlos Muniz** and **Rachel Lightfoot** smile while posing at the royalty chair in the lobby of Medieval Times. "The students not only enjoyed Medieval Times for the fun, but it had educational purposes," stated Mrs. Mary Ann Barkalow.

Honor Society members **Pamela Gallardo, Rachel Lightfoot, Carlos Muniz** and **Roger Castillo** await to see the knight show after having a traditional medieval feast. They were served soup, ribs, and a chicken leg. The challenge was to be able to eat that feast without any silverware, one of the great advances in our time.



Watching the show intensely eighth graders Rocio Cisneros and Maria Torres focus on the yellow knight performing. Their goal was to cheer on the yellow knight. Unfortunately, their team did not win. The red knight was the victor.



Bernie Goin and Jenny Gillmore smile while preparing to board the bus. This was both students first year in the National Junior High Honor Society Joe Magarac Chapter.

One of the most popular spots at Medieval Times was the royalty chair. Members of the Honor Society prove it while trying to cram themselves into the made for two thrones. "It was a great way to finish the year for Honor Society by having this trip," said Pamela Gallardo.

Yearbook

Sponsor
Mrs. Danyelle Kozma



Yearbook Staff: front row: Sarah Saylor, Mrs. Danyelle Kozma, Sara Russi; row 2: Jamie Sellers, Robert Ordway, Courtney Krasoczka; back row: Wendy Paceley and Ruth Norman.

Newspaper

Sponsor
Mrs. Danyelle Kozma



Newspaper Staff: front row: Wendy Paceley, Sunni Paceley, Melissa Manzo; back row: Jeanine Songer, Christina Burns, Andy Knies and Elizabeth Waters.

Quill and Scroll

Sponsor
Miss Francie Blaney



Quill and Scroll Society: front row: Sarah Saylor, Jamie Sellers, Wendy Paceley; back row: Sara Russi, Ruth Norman and Courtney Krasoczka.



French Club: front row: Taylor Wilson; row 2: Holly Westmoreland, Sandra Manzo; back row: Rafael Price.



Spanish Club: front row: Alisha Gallardo, Rachael Guerrero, Sandra Manzo; row 2: Natalie Quinlan, Leann Cicillian, Kara Komenich, Heather Rogyom, Amber Carrol; back row: Sal Montes, Francisco Cuevas and Angel Rosado.



Dancers: front row: Rachael Kurek, Rachel Guerrero, Marialena Dominguez, Jessica Nunez; back row: Angel Rosado, Harry Manos, Silvia Montes, Adam Martinez and Ricardo Rodriguez.

French Club

Sponsor
Mrs. Danville Kozma

Spanish Club

Sponsor
Mrs. Irma Cuevas

Dancers

Sponsor
Mrs. Delia Rosado

Auxiliary

Sponsor
Mrs. Tammy Halcomb



Auxiliary Corps: front row: Sara Russi, Rachel Guerrero, Jessica Nunez, Jennifer Guzman, Jamie Sellers; row 2: Fernanda Heridia, Melody Myers, Amber Morris, Becky Cisneros, Beth Persley; back row: Jennifer Poe, Natalie Quinlan, Toni Kennedy, Kara Komenich, Leann Cicillian and Heather Roygom.

Student Council

Sponsor
Mrs. Pat McNabb



Student Council: front row: Vanessa Gildersleeve, Sunni Paceley, Wendy Paceley, Rachel McKinney; row 2: Jackie Nord, Leann Cicillian, Sal Montes; back row: Ruth Norman, Christina Burns, Courtney Krasoczka and Jamie Sellers.

Honor Society

Sponsor
Mrs. Kathy Hooks



Honor Society: front row: Elizabeth Hall, Sandra Manzo, Wendy Paceley, Marialena Dominguez; row 2: Edgar Ramos, Jason Tschopp, Harry Manos, Frank Nuzzo, Mrs. Kathy Hooks; back row: Jamie Sellers, Christina Burns, Kara Komenich, Leann Cicillian, Becky Cisneros and Natalie Quinlan.



Spellbowl: front row: Wendy Pacey; row 2: Sara Russi, Sarah Saylor; row 3: Brianne Gilliana, Danny Munoz, Amber Carroll; back row: Missy Arnold, Kristina Komenich, Leann Cicillian and Sandra Manzo.



Decathlon: front row: Sara Russi, Sarah Saylor; row 2: Brianne Gilliana, Danny Munoz, Amber Carroll; back row: Kristina Komenich, Leann Cicillian and Sandra Manzo.



Superbowl: front row: Sara Russi, Sarah Saylor; row 2: Brianne Gilliana, Danny Munoz, Amber Carroll; back row: Kristina Komenich, Leann Cicillian and Sandra Manzo.

Spellbowl

Sponsor
Mrs. Kathy Hooks

Decathlon

Sponsor
Mrs. Kathy Hooks

Superbowl

Sponsor
Mrs. Kathy Hooks

HS Choir

Sponsor
Mrs. Virginia Scholl



High School Choir: front row: Maria Borge, Heather Aguilar, Angela Ceballos, Stephanie Kallauer, Deanna Mullins, Jessica Humes, Brandi Ortiz; row two: Rachel Kurek, Kimberly Ketter, Trina Bradovich, Marco Humes, John Schell, Wyne Humes, Amber Morris, Stacia Welkel, Tara Quintana, Letitia Valenzuela; back row: Tammy Vaughan, Alicia Stevens, Kimberlee McKinney, Adam Martinez, Louis Smith, John England, Lavetta Rhodes, Betty Yzaguirre, Jennifer Massey and Erica Bowman.

JH Choir

Sponsor
Mrs. Virginia Scholl



Junior High Choir: front row: Ann Howard, Elaine Zou, Ava Reed, Amber Moss, Brian Howard, Andrea Hollings, Candice Chapparis, Erica Ortiz, Kimberly Schunk; row two: David Desam, Tim Aguilera, Jesse Gilman, Mary Norman, Maria Sanchez, Robert Doshi, Sarah Denton, Ashley Minkchen; back row: Michael Swanson, Amanda Degman, Derek Bock, Stephen Hunter, Dustin Zou, Anthony Chaudhri, James Wosko, Mark Cox and Raymond Ortiz.

Beginning Band

Sponsor
Mr. Rick Cheek and Mr. Weldon Slater



Beginning Band: front row: Marcos Cota, Robert Schwalder, Steve Westwoodland, Jonathan Hernandez, Tim Torres, Alex Wallace, Matthew Purdin, Katie Ayte, James Gillerstrom, Mary Grace Platte; row two: David Lopez, Ricky Long, Anastasia Brown, Becky Wells, Samuel Lopez, Sam Bami, Anthony Munda, Jeremy Mora, William Cox, Vernon Vroman, Eric Stancu; back row: Travis Tibbitt, Jennifer Ray, Josh Pruchon, Matthew Cunningham, Matthew Sanders, Mary Salsomath, Benjamin Hagan, Jeremy Gregory and Daniel Szepietz.



Junior High Academic Team: front row: Eunice Bojorquez, Danny Rines, Jessica Marek; row two: Anthony Mundo, Kalya Whitter, Rosalee Munoz, Bernard Goin; back row: Mrs. Sally Weitzel, Diego Gonzalez and Mrs. Laura Johnson.



Junior High Honor Society: front row: Rodney Rhines, Krystal Rybecki, Rosalee Munoz, Nicole Miodragovich, Pam Cullardo, Rocio Cisneros, Maria Solis, Maria Torres, Oscar Vazquez; row two: Angela Westmoreland, Amanda Degman, Kalya Whitten, Stacey Harper, Ashley Sutherland, Brian Loving, Roger Castillo, Carlos Muniz, Bernie Goin and Diego Gonzalez.



Junior High Student Council: front row: Derek Rundberg, Elyssa Meertmeyer; second row: Eunice Bojorquez, Randi Jo Bailey, Danny Rines; back row: Krystal Rybecki, Rodney Rhines, Angela Westmoreland, Mrs. Diane Chary, Carlos Richard, Ashley Sutherland, Brandy Pardune and Mary Norman.

JH Academic Team

Sponsor Mrs. Sally Weitzel
and Mrs. Laura Johnson

JH Honor Society

Sponsor
Mrs. Irma Cuevas

JH Student

Council
Sponsor
Mrs. Diane Chary

HS Band

Directors
Mr. Rick Cheek and
Mr. Weldon Slater



High School Band: front row: Jona Clanton, Cassandra Westmoreland, Tabitha Westmoreland, Christina Calhoun, Marigrace Dietz, Megan Garth, Wendy Paeley, Michelle Joseph, Erin Kempski; second row: Danielle Kempski, Jennifer Wiggins, Shelby Threlkott, Jennifer Perkins, Crystal Salzer, Jamie Schars, Ashley Ayres, Tonya Westmoreland, Amber Alexander; third row: Pamela Hildin, Ruth Norman, Waverly Shalk, Eddie Stojanovich, Holly Westmoreland, Jennifer Gilderbore, Amber Correll, Rachel McManey; back row: C.J. Richards, Bernard Johnson, Michelle Harper, Elizabeth Hill, Jodi Salsday, Nick Roach, Courtney Krasochka, Matt Roach, Tara Camarena, Josh Elia, Mary Salzwachser, Ricky Wolfe, Liz Wiers.

HS Band

Directors
Mr. Rick Cheek and
Mr. Weldon Slater



High School Band: front row: Tammy Vaughn, Andy Knies, Roger Knopp, Jason Perez, Angel Rosado, Andres Verduzco, Mike Doffin; second row: Leann Cicillian, Robby Saylor, Dustin Coleman, Tim Lyle, Danny Farthing, Chris Davis, Sam Salzwachser, Travis Tillberry, Basil Gardner, Josh Halcomb; back row: Lisa Wallace, John Clark, Marilena Dominguez, Richie Evans, Danielle Walker, Robert Ordway, James Cruz, Danny Munoz, and Steve Clifford.

Pep Band

Director
Mr. Rick Cheek



Pep Band: front row: Crystal Salzer, Jennifer Perkins, Erin Kempski, Wendy Paeley and Marigrace Dietz; second row: Richie Evans, Bernard Jansen, Basil Gardner, Lisa Wallace, Andy Knies, Mike Doffin, Roger Knopp, Tara Camarena, Mary Salzwachser; back row: Danny Munoz, Travis Tillberry, Danny Farthing, Sam Salzwachser, Eddie Stojanovich, Josh Halcomb and Chris Davis.



Jazz Band: front row: Richie Evans, Aaron Gutierrez, Tara Camarena, Bernard Jameson, Josh Halcumb and Basil Gurdine; second row: Edward Stojancevich, Travis Tillberry, Danny Farthing, and Harry Munoz; back row: Danny Munoz, Roger Knopp, Jason Perez, Mike Doffin and Chris Davis.



Intermediate Band: first row: Marie Adams, Tira Quintan, Jessica Marck, Maria Solis, Derek Soderquist, Mandy Shawkey, Ashley Sutherland, Rosalce Munoz, Marisol Carillo; second row: Kalya Whitten, Teresa Jameson, Lisa CLardy, Sarah Blackwell, Daniel Rines, Brandon Rains, Mark Mills, Joshua Elzahi, Paulina Bullockson, Bruce Hensley; third row: Nathan Waters, Jennifer Ganser, Heather Auld, Zick Herdila, Carlos Moniz, Brandon Bodegh, Brandy Panduhn, Rodney Robinson, Paundra Hooker, Angela Westmoreland, John Trezak.



Beginning Band: front row: Carl Lindahl, Tanna Hernandez, Vincent Lopez, Jennifer Molano, Stephanie Eagan, Jennifer Long, Jennifer Childers, Kimberly Sahak, Rita Rodriguez, Haley Hurdin, Julia Hone; second row: Jean Torres, Christine Showley, Lucy Dryan, Jessica Seryazh, Melissa Potts, Stephanie Nazaro, Krystal Ervin, Mikal Minovich, Aeryl Westmoreland, Jill Lewis, Juli Soladay; third row: Mr. Rick Cheek, Gregory Visalli, Raul Jo Bailey, Alden West, Roben Dominguez, Christina Barga, Lamesa Sewell, Jennifer Gildersleeve, Jean Roserita and Keith Samuel.

Jazz Band

Sponsor
Mr. Rick Cheek

Intermediate Band

Director
Mr. Rick Cheek

Beginning Band

Director
Mr. Rick Cheek and
Mr. Weldon Slater

Inflamed sunshine

As the school year progressed, many events took place that caused students' flames to burn in different directions. Early in the spring, Multicultural Week spread through the high school and junior high. Students learned about the many cultures of the world as well as what it might be like to come to the United States from another country.

Later in the spring, the annual Jazz Fest was held in the round. Members of the jazz band as well as jazz bands from other schools participated in this traditional event. Many soloists who participated in the event received awards for participating.

Many students also had the chance to attend Prom. The annual dance was held at the Avalon Center in Merrillville. Approximately 50 couples attended the dance.

At the end of the year, students were awarded for the hard work they did throughout the year. Awards Day was held on May 31 in the high school gym during periods first through third. Graduation was on June 5 in the high school gym.

Wendy Paceley





Several ladies line the floor to take pictures at Prom. Prom was held at the Avalon Center in Merrillville. Approximately fifty couples attended this event.

Mr. Weldon Slater directs the jazz band at Jazz Fest 23. After 27 years of directing the band at River Forest, Weldon retired. A retirement celebration was thrown in the spring for this occasion.



Dancers peruse the dance floor at the Multicultural Fair. The dancers also performed at the multicultural assembly. The group was led by Mrs. Delia Rosado.



Mrs. Patricia Sisk shows her constant concern by helping a student sew an apron. After teaching in the home economics class for 31 years, Mrs. Sisk retired in 2001.

Senior **Tammy Vaughn** slowly dances the night away with her boyfriend. Slow dances were popular for students with boyfriends and girlfriends.



Freshman **Jody Soliday** takes time out to show her friends a new dance that she learned. Jody attended Prom with junior **Stacey Gumm**.



This bouquet was made and carried by **Fernanda Hendia**

This year's ticket was gold with two little children on it. The theme was "Captured in a Dream."



"The gold ticket was a special surprise. It was a gold ticket with two little children on it. The theme was 'Captured in a Dream.'"

Freshman **Jennifer Guzman** makes it known to all that she is enjoying herself by shouting out to her friends while dancing. **Rafael Price** was Jennifer Guzman's date to prom.



Senior **Adarius Gunn** makes his way around the dance floor dancing with any available girl that he can find.



Explosion on the Dance Floor

April 27 was a big day for River Forest juniors and seniors. It was the Junior/Senior Prom. Tickets were sold in advance. Junior tickets were \$65, senior and guest tickets were \$55 and two seniors were \$45. Prom was held at the Avalon Center in Merrillville and the Grand March began at 6 p.m. After the Grand March the couples sat down at the tables and waited for the servers to come out with the prepared food. Fried chicken, pork, roast beef,

potatoes, green beans, and peppermint ice cream served as the menu for Prom. After dinner, the DJ began to play music and the dance floor was open for everybody. During that time pictures were being taken by Root Studios. During the song *Legs* the girls and guys exchanged their bow ties and garters. *I Will Remember You* concluded the night of fun at 11 p.m.

Sara Rusi

Miss **Amy Jablonski** takes time out of her chaperoning and dances with her fiancé, Miss Jablonski is a special needs teacher at River Forest school.

Sophomore **Mary Willis** and senior **Steve Zon** show no worries as they dance on the dance floor. Most people had no problem making it out onto the dance floor to dance a bit.



A fancy dressed group of guys pose for a picture taken by others at the Prom. It was not a rarity to see people pose for pictures at Prom. It was customary for guys to wear tuxes to Prom.

Mrs. Diane Chary does a hula dance at the junior high table. The junior high also sold smoothies and chocolate covered bananas.



Miss Francie Blaney pours a bottle of 7-Up into these shamrock punch. The punch was sold to raise money for the Quilt and Scroll society.





Memories



The Japanese Flag was clearly displayed on a poster in the gymnasium.

At the Multicultural Fair this sign informed everyone the price of the tostadas that the Spanish Club was selling





Sophomore Rachel Guerrero and Tony Rosado dance to a Latin beat with the rest of the Multicultural Dancers. Delia Rosado was in charge of getting the group together to dance.



Mrs. Sandra Mihalik rummages through the dessert table to find the perfect baked treat. The desserts were sold to help support the library department.



A Singed Diverse Week

Multicultural Week has always been a time when the River Forest students could study how diverse the United States is. Multicultural Week is held every other year and has been a part of River Forest tradition for a long time. Weeks before teachers had their students make projects to display in the gymnasium. The week started off on Monday with the opening ceremony. Mr. Kirk

Whiting gave the opening speech then the band played *Tribal War Chant*, and the choir also sang a few songs. After that Mr. Anthony Garber whose parents were from Russia talked about the cultural differences of Russia and America.

On Tuesday students were again taken out of class to watch the Spanish Club play and the Multicultural Fair dancers. **Sara Rusri**

Seventh graders **Marcos Cruz** and **Scottie Westmoreland** enjoy a roast beef sandwich and live entertainment at the Multicultural Food Fair.

Junior **Leann Cicillian** stares at the collection of necklaces made and sold by the Honor Society. The Honor Society charged \$1 for the bracelets and \$2 for necklaces.



Teachers Mr. Brent Lamey and student teacher Mr. Rodriguez mix smoothies at the Multicultural Fair. They also sold chocolate covered bananas at the fair.




Freshman **Josh Elea** accepts an award from Mr. **Jack Burton** for being top geometry student. Josh also received an outstanding student award in history.




Sophomores **Brandon Jacobs** and **Nicole Reed** relax and watch the awards ceremony. Brandon earned an art award, and Nicole earned a band award.







**Hot
Memories**




This is the letter awarded to students who have been a great help to others.



This is a much better reward to those students who have been a great reading person.



Band Award



Small Award

Freshman **Andy Knies** strolls away after receiving a letter in band. Andy also received an award of top section editor and most valuable new staffer in newspaper class.



Sophomore **Amber Carroll** receives an award for being on the Academic Team. She was also awarded outstanding student in English and speech.



Junior **Roger Knopp** accepts an award for being pep band student director. Roger also played in the jazz band.

Awards

Every year at the end of school there is a time set aside for the students to gain recognition for all of their success.

Awards Day is the time when the students receive special awards in any certain area in which they excelled.

The awards are given from almost every area of the school curriculum, math, science, English, history, foreign lan-

guage, journalism, sports, and many others.

Every year the ceremony is held in the River Forest High School gym.

This year the awards were given during first, second and third hour. The ceremony began in first hour with all of the band awards then ended with the valedictorian and salutatorian receiving their awards.

Josh Barner

Freshman **Amber Morris** accepts an art award from **Mr. Monte Moffett**. She also collected an award for choir.

Freshman **Andy Jarvis** receives an award from Mr. Moffett for his drafting class. Andy also earned a certificate for perfect attendance.

Jim Whitaker receives an award from Mrs. Komosa for art. Jim was in art for four years. "After graduation I plan on going to art school," stated Jim.





Sandra Manzo receives her salutatorian sash from Mr. Moffett. Sandra received many awards that day. She also earned a scholarship.




Senior **Billy Carns** obtained an award from Mr. Moffett. Billy won a scholarship from Valparaiso University. Billy also received his honors diploma.








The award was for Best Book for students 10-12 years old.



A special gift from the Hot Memories for students 10-12 years old.





Frank Nuzzo accepted a government award from Mr. Whiting. Frank also collected a scholarship that day. Frank later received a tassel for being a member of the Honor Society.



Sizzling Senior Awards

As the seniors had their last awards ceremony they marched into the gymnasium while the band played *Pomp and Circumstance*. After that the students stood for the playing of the national

anthem.

Many awards were given out to the seniors in many different subjects. The seniors showed their emotional side and sat quietly as the awards were given.

Janie Seileys



Jason Perez receives an award from Mr. Slater. Jason won the Louis Armstrong award. Jason planned to attend Vandercook College to study music.

Jason Tschopp receives an award from Mrs. Komosa. Jason also earned a perfect attendance award. He also was presented with an award for Honor Society.



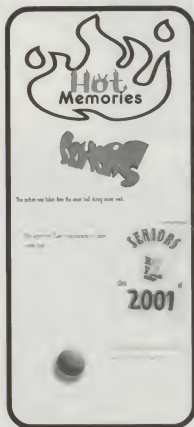
The ESL posed for a last picture together. Everyone in the class received an award. The ESL class was very sad to know this was their last time together.



The seniors had a Field Day to spend time together as a team. They had a choice of what to do. Some chose to play mushball, football or just sat around.



The seniors had a senior breakfast on Friday, June 1. The teachers were also invited to the breakfast. Following the breakfast the seniors left for Great America.



Steve Peek poses with his stuffed animals. Steve went on the senior trip to Great America. Steve spent most of his day playing the games rather than riding the rides.



An Interho Week

A group of seniors pose at the Crazy Buffalo Saloon as they eat lunch. They enjoyed putting each other in jail. They made a scene singing aloud while they



As the senior year came to an end the seniors realized that June 5 was growing near. The seniors began to understand that they might not have much time to spend with their classmates before they went on their own way.

Many activities were scheduled to bring the seniors closer their last days of high school. Thursday, May 31, the annual awards ceremony was held.

Friday, June 1, was the senior

breakfast. After eating, the class boarded the motor coach and headed to Great America for the Senior Class trip.

Monday, June 4, graduation practice was held, then the seniors had lunch and the traditional baccalaureate. Finally the big day came, June 5, 2001. At 7:30 p.m. students marched down the aisle behind the teachers and the services began. The students were then released to embark on life's journey.

Janie Sellers



Steve Zon accepts an award on Awards Day from Mr. Moffett. Steve participated in the Field Day activities by playing football. Steve also went on the senior trip.

Edgar Ramos receives an award on Awards Day. Edgar went on the senior trip. He also went to the senior breakfast.



The seniors posed for a picture as they arrived at Great America. The seniors spent the day at Great America for their last week together as a whole. The seniors left Great America at 8 p.m. and arrived home at 10 p.m.

Flaming Seniors

After many years of hard work and studying, the top ten students proved themselves to be hard workers. With many A's they were determined to be at the top of their class.

Many of the top ten were involved in other activities such

as sports and clubs. It was hard for them to balance their time, but many held jobs, found time for their friends and participated in extracurricular activities while maintaining good grades.

Janie Sellers

Marialena Dominguez

Marialena graduated as valedictorian of the Class of 2001. She participated in cross country, girls' basketball, girls' track and marching band.



Sandra Manzo

Sandra finished her high school years as salutatorian. She participated in softball, French Club, Spanish Club, Honor Society, Academic Decathlon, Spellbowl and Superbowl.



Harry Manos

Harry ranked third in the Class of 2001. He participated in boys' cross country, football, boys' basketball, boys' track and marching band.



Christina Burns

Christina graduated fourth in the Class of 2001. She was in cheerleading and softball. Christina was also in Honor Society and Senior Class Vice President.



Jamie Sellers

Jamie finished fifth in the class. She participated in volleyball, girls' track, Auxiliary Corps, marching band and was field commander. Jamie was also involved in Honor Society and was Senior Class Secretary.



Wendy Pacey

Wendy ranked sixth in the Class of 2001. She was in marching band, director of pep band director, field commander, Spellbowl and participated in Honor Society.



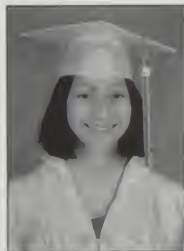
Edgar Ramos

Edgar graduated seventh in his class. He was involved in boys' track and was also active in Honor Society.



Rebecca Cisneros

Becky was ranked eighth in her class. She was in cross country, girls' track and Auxiliary. Becky was also in Superbowl and Honor Society.



Jason Tschopp

Jason also finished eighth in the Class of 2001. He ran cross country, was the boys' basketball manager and ran boys' track. He was also in Honor Society and received Mr. Ingot Spirit.



Frank Nuzzo

Frank finished tenth in his class. He was in boys' baseball and was involved in Honor Society.





The high school choir joyfully performs at the graduation ceremony. The choir sang *Leave You with a Smile* and *Another Bridge to Cross*.



Graduation speaker **Ken Johnson** prepares his podium for his speech. This was Ken's second time speaking at River Forest this year. He was also here for career day.









River Forest High School
The year the diploma goes to the graduate
class of 2001

The diploma was given to the graduate who
attended the graduation. It is not the same as the
graduation ceremony.





Ken Johnson

Francisco Cuevas and **Adarius Gunn** walk with the boys' basketball sectional champions and regional champions banner. Seniors who were members of winning teams were able to carry these banners for graduation.



Senior **Jason Tschopp** reads through his program in the gym lobby before the graduation ceremony. Jason graduated with honors and was tied for eighth in the class.



Graduates toss up their hats in the elementary gym after the graduation ceremony. This has been a tradition for the last two years.

the flame

June 5 was graduation day for the seniors of 2001. Graduation started at 7:30 p.m. with the band playing *Pomp and Circumstance* while the teachers and students marched into the gym. **Ruth Norman** then welcomed everyone to graduation. Afterward the band played the national anthem. The choir sang two songs which would be the last for the senior choir members. After the choir performed Mr. Ken Johnson began his speech. He encouraged the Senior Class to dream big. When Mr. Johnson was done speaking, the class song, *This Used To Be My Playground* by Madonna, was played while the seniors hugged one another to remember the memories that they've shared.

Courtney Krasoczka then did a reflection of the Senior Class. When she was done the senior band members joined the rest of the band to play *Over the Rainbow*, their final number as band students. Then the salutatorian, **Sandra Manzo**, and valedictorian, **Marialena Dominguez** gave a short speech. It was then time for the roll call by Dr. Wright. When Dr. Wright was finished with all the names of the graduates, the class officers came on stage and led the class in the changing of the tassels. The night was ended with a benediction from Jamie Sellers. After graduation the graduates went into the elementary gym to spend their last few moments together.

Sara Rurst

Mr. Monte Moffett introduces the guest speaker of the night, Mr. **Ken Johnson**. Mr. Moffett organized the graduation ceremony.

Angel Rosado and **Jason Perez** play their last song for high school band. This was also the last song conducted by Mr. **Weldon Slater**.



Red hot Cheerleading

Dedication and determination were two words that could describe the beginning of the River Forest varsity cheerleading squad.

This year's squad started the season with nine members; however, they finished the season with two sophomore members, **Jackie Nord** and **Elizabeth Waters**. The squad

held many fundraisers such as car washes in the summer and dining club cards in the winter. The cheerleaders were raising money for the new uniforms that were purchased last year. The Booster Club also purchased a new run through this year for the cheerleaders to use at the boys' varsity basketball games.

Sarah Saylor



Sophomore, **Elizabeth Waters**, jumps to encourage the crowd at the Homecoming game. This was Elizabeth's first year on the JV cheerleading squad. Elizabeth was one of the final members who decided to finish the season.



Jackie Nord, sophomore, shows fellow classmates **Vanessa Gildersleeve** and **Rachel McKinney** how to fire up the crowd. This was Jackie's second year on the cheerleading squad. She was one of the dedicated last two girls to finish the season.



Vanessa Walley, sophomore, dances during the Football Homecoming assembly along with JH English teacher **Mrs. Patricia Jennings**. The cheerleaders danced to fire up the crowd at the pep rally.



Posing for the camera sophomores
Tara Camarena and Vanessa
Walley rest after finishing the run
through for the boys' basketball game.

Junior Jessica Lemmon performs the
start of the school song at a boys'
varsity basketball game. This was
Jessica's second year on the squad.



River Forest cheerleaders stand at attention during the playing of the National
Anthem. After the National Anthem the cheerleaders perform the school song.

Senior Adam Baker claps his hand in the start of the chant "Go Ingots Go."
Adam helped the cheerleading squad for three years as the flag boy.

Cheerleading Awards

Co-MVP
Jackie Nord
Elizabeth Waters

Junior High Cheerleading Squad:

front row: Haley Hardin,
Amber Coleman Ashley
Sutherland, Pam Garlando
and Coach Malinda
Sutherland.



Varsity Cheerleading Squad:

front row:
Tara Camarena,
Jessica Lemmon,
Jackie Nord; back
row: Mari Grace
Dietz, Vanessa
Walley, Adam
Baker, Elizabeth
Waters and Veronica
Shaikh.



Scalding Records

The boys' varsity track team's record showed great progress this year, but individual progress was even better. Some of the members on the team broke records at relay meets, but every member of the team broke at least one of their own personal records. The few losses that show up on the boys' record were only lost by a few points. At the Lowell Relays the team placed second in the black division and received a trophy. Placing second in the NAC meet the team lost to South Central for the second year consecutively only by a few points. The track team did not lose every race to South Central, but their team always picked up many second and third places each race for minimal points that added up causing a loss to the Ingots. At sectionals the team did not place at the top together, but many individuals placed well in their races and two even advanced to the regionals. Edged out at the finish, senior **Harry Manos** lost to an opponent by less than a second and also lost his position to advance to regionals. However, he still ran one of his best times. Another fifth place came from the 400M relay

team which consisted of freshman **Ricky Price**, sophomore **Mike Fay**, senior **Harry Manos** and junior **Rafael Price**. They were just beat by an opposing team but could not complain because they ran their fastest time ever with a 44.6. Sophomore **Dustin Coleman** competed in high jump and placed fourth in sectionals having one of his worst days. He jumped over 5'8" but could not get over the next height in three tries, but he still advanced to the regionals where he placed sixth. Junior **Rafael Price** competed in the 100M and 200M dash. In the 100M dash he made it out of the first heat and placed third in the final. In the 200M dash he made it out of the preliminary round and placed second in the final round which earned him a spot at regionals. There Rafael placed second in both the 100M and 200M dash which allowed him to compete at state. In Indianapolis Rafael ran a 10.9 in the 100M dash which placed him 11th in the state and also broke the school's record. In the 200M dash Rafael received a medal for placing fifth in the state and he also got to stand on the podium which held the top nine runners.

Robert Ordway



Pushing against the wind, junior **Ricardo Rodriguez** sprints around the last corner during the 300M hurdles. Ricardo was the team's best hurdler this year. He also competed in the 110M high hurdles and the 1600M relay.



Running his last lap before the exchange, sophomore **Andres Verduzco** keeps his pace before he hands off to the next runner. Andres' fastest split this year in the 3200 relay was 2:10. At sectionals Andres blew away his best 400M split time by running his leg in 55 seconds.



Leaving the competition behind, junior **Rafael Price** strides to another first place in the 100M dash followed by freshman **Ricky Price**. Even without running in two meets, Rafael still scored 203.25 points during the regular season. Rafael ran a 10.5 in the preliminary round of sectionals. Receiving third place in the 100M dash and second place in the 200M dash, Rafael advanced to regionals where he placed second in both the 100M and 200M sprint.



Opening up his stride, sophomore Justin Carlson pushes his hardest with one lap to go. Justin's times only dropped as each meet went by. Shattering both of his personal records from last year, his best 1600M time was 4:49 and his best 3200M time was 10:42.

Senior Harry Manos looks at the finish shortly ahead as he runs the anchor of the 3200M relay. Harry was the team's best 800M runner this year. His best time this year in the 800M run was 2:04.



Using good form on his jump, sophomore Dustin Coleman easily clears the bar at a height of 5'4". Reaching one of his goals this year in track, Dustin jumped six feet and won first place at the NAC meet which was held at River Forest. Placing fourth in sectionals, Dustin advanced to the regionals in the high jump where he placed sixth out of sixteen jumpers.

Starting down the landing, freshman Ricky Price keeps his legs in front of him to get the best distance he can. This was Ricky's first year on the boys' varsity track team. Ricky's best finish in the 100M run was 11.2 seconds.

Relay	Track Awards	W	Gary Wirt	Boys' Junior High Track
Ricky Price (400M)	Most Valuable	2nd	L. Statton/B. Grove	Team: first row: Scott
Harry Manos (400M Relay)	Rafael Price	1st	Westville/Marquette	Westmondland, Jonathan
400M Relay (1600M)	Most Improved	3rd	Hobart Little 5	Heredia, Terry Groves
400M Relay (1600M)	Andres Verdugo	L.	South Central	Manos
Andres Verdugo (1600M relay)	Iron Man	4th	Hoover Relays	Cruz, Derek Ruediger, Rocky
Honorable Mention	Zachery Heredia	L.	Boone Grove	Long, row row: Coughlin
Dustin Coleman (400M)	2nd All Conference	2nd	Lowell Relays	Spencer, Juan Gato, Oscar
Ricky Price (LJ)	2nd Rafael Price (LJ)	2nd	N.A.C. Meet	Venegas, Carlos Maniz, Derek
	400M Relay, 100M	L.	Morgan Twp.	Griffin, Javier Salas, Robert
		3rd	Wash. Twp. Relays	Richardson, Coughlin
		W	Orion Davis	Whiting, back row: Diego
		10th	Sectional	Gonzalez, Matt Bignot, Adam
				Boone, Ruediger, Billy Cox



Boys' Varsity Track Team:
 first row: Coughlin
 West, Robert Orloway,
 Jason Techop, Justin
 Carlson, Dustin Coleman
 second row: Zachery
 Heredia, Andres Verdugo
 Harry Manos, Rafael Price
 Adam Baker, Brandon
 Gregory, Stacey Gunn,
 Ricky Price, Mike
 Gonzalez, Jeff McNabb,
 Rene Garcia and Edgar
 Parnes.

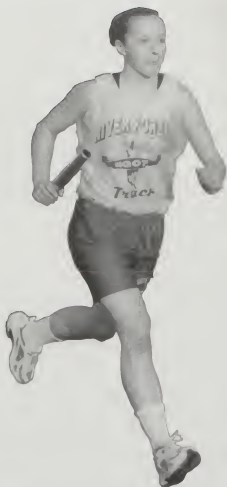


Stuffed Out Finish

The girls' season started off strong with a winning record, but as the season progressed the team struggled to remain victorious. One of the major things that helped out the girls' team this year was its number of runners which was a large number compared to last year when there were little more than a handful of runners at a meet. With these new runners, every event was filled up and the girls were losing less points to the other teams. Each day at practice the team showed improvement in every event and the progress appeared in the meets by beating their personal

records. At times they would beat their opponents, but most often the other teams would just edge them by a little. It was not because of talent but because the other school had a big number of runners which always allowed them to get two places for points. Most of the girls' team is made up of underclassmen and the junior high team had a large number so next year's team looks to be promising with size and a lot of young rising stars. At Sectionals Toni Kennedy placed fifth in the high jump competition which was just one place shy of letting her advance to the regionals.

Robert Ordway



Junior **Natalie Quinlan** focuses on the track as she runs her leg in the 1600M relay. Natalie also ran the 400M relay and the 300M hurdles this year for the girls' varsity track team.



Standing by her opponent, sophomore **Melissa Arnold** takes her mark for the 400M run as the official raises the gun. This was Melissa's first year on the girls' varsity track team.



Using all the muscles in her body, senior **Jamie Sellers** heaves the eight pound shot put into the air. Jamie also ran the 400M run and competed in discus. Her best throw in discus was 73 feet and her best time in the 400M run was 1:18.



Sophomore **Evelina Verduzco** keeps up her pace as she looks toward the finish where she hands off to the next runner in the 1600M relay. Having a full list of events, Evelina also ran the 3200M relay, 400M, and 800M run.

Freshman **Amber Morris** gets ready to take off at the start of the 1600M relay. Being her first year on the girls' varsity track team, Amber also ran the 400M relay.



Using her best form, senior **Becky Cisneros** easily makes it over another hurdle. Becky received a plaque for being on the girls' varsity track team for four years. Becky was one out of the team's four hurdlers this year.

Raising her hands high, junior **Elizabeth Hall** leaps out into the sand pit. Elizabeth's best distance in long jump this year was 14'6". In dual meets, Elizabeth won most of the races in the 100M and 200M dash.

Track Awards	W	2nd	W	2nd
Most Valuable	L. Statton/B. Grove	L. Statton/B. Grove	L. Statton/B. Grove	L. Statton/B. Grove
Elizabeth Hall	Washington Twp.	Washington Twp.	Washington Twp.	Washington Twp.
Most Improved	Westville/Marquette	Westville/Marquette	Westville/Marquette	Westville/Marquette
Kara Komenich	South Central	South Central	South Central	South Central
Harriet	Boone Grove	Boone Grove	Boone Grove	Boone Grove
Merion	Hanover Relays	Hanover Relays	Hanover Relays	Hanover Relays
5th	Boone Grove	Boone Grove	Boone Grove	Boone Grove
Courney	N.A.C. Meet	N.A.C. Meet	N.A.C. Meet	N.A.C. Meet
Krasoscka	Morgan Twp.	Morgan Twp.	Morgan Twp.	Morgan Twp.
Amber Morris	Oregon-Davis	Oregon-Davis	Oregon-Davis	Oregon-Davis
Natalie Quinlan	Kinkadee Valley	Kinkadee Valley	Kinkadee Valley	Kinkadee Valley
Elizabeth Hall	L.	L.	L.	L.
(400M Relay)	L.	L.	L.	L.
	11th			

Girls' Varsity Track Team: first row:
Coach Mike Lyons, Madeline Haddin, Pam Gallardo, Randi Bailey, Christina Burge, Katie Lyle, Haley Hardin, Coach Rodney Thompson;
row two: Mandy Shawkey, Monica Solis, Marisol Carrillo, Jennifer Medrano, Ashley Milliken, Reclio Cisneros, Rosalee Munoz, back row: Rebecca Dominguez, Rachel Lightfoot, Ashley Sutherland, Jillian Lewis, Lauren Striebig, Julia Horn and Alisha West.



Girls' Varsity Track Team: first row: Coach Pat McNabb, Becky Cisneros, Marialena Dominguez, Elizabeth Hall, Victoria Tschopp, Melissa Arnold; **row two:** Natalie Quinlan, Kara Komenich, Jody Soliday, Veronica Muniz, Jennifer Gorman, Evelina Verduzco, Kim Kallier; **back row:** Toni Kennedy, Mary Willis, Amber Morris, Christina Collazo, Amber Alexander, Courtney Krasoscka and Sandra Munoz.



Amber Mound

Five seniors and a coach hoped that their final season would have had a better outcome than 4-20. Three seniors **Amber Alexander**, **Courtney Krasoczka** and **Ruth Norman** have been part of the softball team since Coach **Jason Quigg**'s first year as head coach. They will also be leaving the same year as Coach Quigg. The team started out slow, not being able to find a consistent pitcher made for their long season. The Lady Ingots finally had their first win during a double header vs. Argos. The scores were 11-7 and 14-4. Two more victories came in home games vs. Gary Wirt and Gary West Side with scores of 18-4 and 22-5. "Even though Wheeler beat us 6-1 I was real happy with the way that we played," stated Coach Quigg. The whole team was proud of themselves because they had turned three double plays this game. Earlier in the season when playing cross town rival Lake Station, the Lady Ingots fell to an 11-10 loss. In the top of the seventh the score was tied at 10 until a Lake Station player hit a homerun. Then

Amber crushed the ball deep into left field, but with a lucky catch the third out was made and the game was complete. The Lady Ingots hosted the NAC tournament this season on May 19. During the opening game they were defeated by the Marquette Blazers 17-3. The next week started sectionals, and the Whiting Oilers were scheduled to play the Lady Ingots on Wednesday, May 23. Whiting scored one in the first inning, then it was time for the Lady Ingots to score, and they did. Junior **Toni Kennedy** was walked right before Amber sent one flying deep into center field with flames attached driving in Toni earning a double. Next into the box was Ruth who hit the ball past the center fielder driving in Amber. Ruth was then picked off ending the inning. Due to walks Whiting gained a 6-2 lead. The fire was then washed away with a heavy rainfall, delaying the game until the next day. After two days of rain delays the game was finished and the Lady Ingots' season was over when they lost 12-2.

Courtney Krasoczka



Natalie Quinlan, junior, watches the pitcher for the release as she starts her lead off. Natalie led the team in the stats column of how many times she was hit by a pitch. She was hit three times. She also had the second highest batting average on the team with a .288 having 17 hits all being singles. After the season was complete Natalie was awarded Most Improved Player and named All Conference.



Junior **Malleri Newcomb** (16) winds up to throw to second base from right field. Playing right field made for the fifth position that Malleri played this season. At the finish of the season she had played every position besides first base. She found herself pitching in a few games. During one week her ERA went from 58.9 to 8.7. By the end of the season Malleri was the starting pitcher, with a final ERA of 10.57. She finished the season having hit 18 batters.



Seniors **Ruth Norman** and **Amber Alexander**, after doing their chest bumps between innings, get down in their ready positions to field a ball if hit to them. Both Ruth and Amber are three year varsity winners. Ruth is the starting first baseman and Amber has been the starting second baseman since her junior year. Amber led the team in RBIs with 17 and led in doubles with five. Ruth finished the season with 13 singles and nine RBIs. Amber was named All Conference after the season.



Toni Kennedy, junior, watches the pitcher from the batters box as she gets in her stance to hit the ball. Toni had 15 hits this season, one being a triple and one a double. The other eleven were singles. This was her second season on the team where she started in left field, and she was named a team captain this season.

Courtney Krasoczka, senior, throws the ball to first baseman Ruth Norman for the out. This was her fourth year on varsity where she has always played short stop. She is also a three year captain. Courtney led the team in batting averages with a .304 having 69 at bats, 21 hits, 21 runs, 20 singles and six stolen bases.



Huddled together after playing the field vs. North Newton Coach. Jason Quigg talks to the team about what needs to be done at the plate. The team would huddle together after every inning for a little pep talk. Before games the team would get together and sing two songs led by junior Natalie Quinlan and senior Sandra Manzo.

Freshman Amber Morris begins her pitch in a game vs. North Newton. Amber started the season as the starting pitcher with a 8.14 ERA. She faced 497 batters this season with 29 strike outs. She had seven hits this season one being a triple and the rest were singles.

Softball Awards	
MVP	1-6
Courtney Krasoczka	11-7, 14-4
MIP	18-4
Amber Alexander and Natalie Quinlan	6-12
All Conference	0-10
Courtney Krasoczka, Natalie Quinlan and Amber Alexander	4-20
Honorable Mention	22-5
Toni Kennedy and Mary Willis	2-9
	3-19
	Whiting (Sectionals) 2-12

Softball Awards	
Wheeler	1-6
Argos(DH)	11-7, 14-4
Gary Wirt	18-4
Calumet	6-12
South Central	0-10
Kankakee Valley	4-20
West Side	22-5
Whiting	2-9
Hammond Clark	3-19
Marquette (NAC)	3-19
Whiting (Sectionals)	2-12

Softball Teams: first row	
Marquette	3-16
Hammond Morton	1-8
Hebron	7-9
Morgan Twp.	0-11
Hobart	5-15
Hammond Gavitt	1-10
Laake Station	10-11
Wash. Twp.(DHH)	3-16, 2-12
Westville	6-7
North Newton	0-15
Morgan Twp.	0-22



girls' softball 109

Great Balls of

Six seniors led the Ingots' team to a second place conference finish. Four of the team's five pitchers were seniors. Seniors led this team in every area of the game, on the mound, at the plate and in the field. Leading the team as the team's first pitcher was senior **Frank Nuzzo**. At the plate seniors **Matt Sobel**, **Adarius Gunn** and **Tim Lyle** took over having batting averages all over .400. Junior **Joe Nuzzo** and freshman **Nick Roach** also made strong contributions to the team. Joe was the other pitcher and both were a help at the plate. Depending on who was pitching one of these two were filling in at a position, always able to do their

job. The Ingots finished second in the NAC this season falling to NAC champions South Central by one run 3-2. They were also defeated by Argos in the first game of a double header. When the second game started the Ingots burnt holes in the Dragon's mitts with a score of 18-0. During the NAC tournament the Ingots were defeated by Marquette in the semi-final game 7-5. Six seniors finished their career in a 12-2 loss to Boone Grove in sectionals in the first round. Seniors **Tim Lyle** and **Frank Nuzzo** were named Most Valuable Players. The Most Improved Player was sophomore **Aaron Gutierrez**.

Courtney Kiaraczka



Sophomore **John Clark** gets in his stance at third base in preparation for the force out. This was John's second season on the varsity baseball team. John's position this season was not definite. He played both infield and outfield. He was named All Conference Honorable Mention at the end of the season.



Senior **Frank Nuzzo** gets into his fielding position while playing third base. Frank was the team's number one pitcher. When he was not pitching he would play third base, but when he was pitching his younger brother, **Joe Nuzzo** would play third base. At the completion of the season Frank was named Most Valuable Player and All Conference.

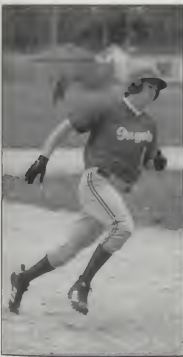
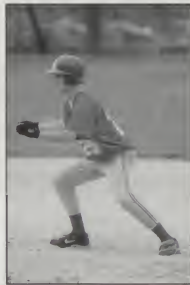


Senior **Adarius Gunn** (4) trots into home, receiving high fives from his teammates after hitting a homerun vs. Gary Wirt. This was his one and only homerun. His batting average was the highest on the team with a .433. Adarius started this season playing second base after playing short stop last season. He also pitched a few games.



Matt Sobel, senior, follows through on his pitch in a 12-1 loss to Lew Wallace. Matt led the team in homeruns this season having three. His starting position was short stop but pitched when needed. Matt had one of the team's highest batting averages with a .413.

Senior **Matt Roach** (25) keeps his eye on the ball as he leads off of first base. Matt played in right field when he was not pitching. Matt received a four year plaque this year because this was his fourth year on varsity.



Sophomore **Aaron Gutierrez** (18) stretches at first base anticipating the throw from the pitcher for the tag out. This was Aaron's second season on the varsity baseball team. This season he was the starting first baseman. Aaron was the team's Most Improved Player and was All Conference Honorable Mention.

Senior **Tim Lyle** rounds third base as he hits an inside the park homerun vs. Lew Wallace. During the season Tim hit two homeruns. He led the team in hits with 28. Since Tim hurt his shoulder during football season he was not able to pitch, so he started in center field every game.

Boys' Varsity Baseball Team: first row: Coach Dave Ortiz, Carmello Venegas, Josh Clark, Adarius Gunn, Nick Roach, Tim Lane, Coach Tim Lane; row 2: Anthony Travis, Josh Smith, Frank Nuzzo, Ray Pinti, Ryan Harder, Aaron Rymer, Josh Elia, Joe Nuzzo; back row: Angel Rosado, James Cruz, Matt Roach, Steve Peek, Tim Lyle, Aaron Gutierrez, Jason Perez and Ricardo Rodriguez.



Baseball Awards		Kouts		Munster		7-10		Baseball Awards	
Hebron	3-19	North Newton	6-3, 17-1	North Newton	9-12	Tim Lyle and Frank Nuzzo	MVP	Tim Lyle and Frank Nuzzo	
Argos	2-12	Hobart	2-12	Hobart	4-5, 18-0	Adarius Gunn	12-1	Adarius Gunn	
Lew Wallace	6-22	Hammond High	6-22	Hammond High	1-13	All Conference	5-7	All Conference	
South Central	3-7, 1-10	North Judson	3-7, 1-10	North Judson	0-11	Frank Nuzzo	4-5	Frank Nuzzo	
Marquette (NAC)	6-2	Westville	6-2	Westville	2-1	John Clark and Aaron Gutierrez	2-12	John Clark and Aaron Gutierrez	
Boone Grove	1-15	Wheeler	1-15	Wheeler					
Hanover Central	10-5, 12-5	Oregon Davis	10-5, 12-5	Oregon Davis					
Griffith	8-1	Marquette	8-1	Marquette					
Morgan Twp.	1-11, 11-5	Lake Station	1-11, 11-5	Lake Station					
Sectionals	9-3	Gary Wirt	9-3	Gary Wirt					
Boone Grove	0-15	Kankakee Valley	0-15	Kankakee Valley					

Torchied Tennis Rackets

A young team made for a long season. This season was the first time ever that the girls did not have a senior on the team. Three juniors tried their hardest to make the season a success, but there was not enough experience on the team. Juniors **Leann Cicillian**, **Heather Rogyom** and **Taylor Wilson** were the only three on the team with any varsity experience. Leann and Heather were the only two on the team to move further into the sectional playing at number one doubles. Leann was later named Most Valuable Player while Heather was given the Mental Attitude Award. Taylor was

moved to playing number one singles where she defeated Lake Station 6-0, 6-1. She also defeated the Gary Wirt player with a score of 6-4, 6-3. Her season was complete when she lost to Wheeler with scores of 6-0, 6-1. Sophomore **Kristina Komenich** was named the Most Improved Player this season. Kristina started the season going between number three singles and number two doubles. By the end of the season she was playing number two singles consecutively. The completion of the season was with a loss to Wheeler, sectional champions, with a 1-4 score.

Courtney Krasoczka



Taylor Wilson, junior, hits the ball back to Coach Detterline before the Lake Station match. Taylor won this match 6-0, 6-1. Taylor started the season playing number two singles, but was moved to playing number one singles. She has played tennis since she was a freshman, but this is her second year on the varsity team.



Junior **Leann Cicillian** hits the ball back over the net in a warm-up match. This was Leann's second year on the varsity team where she played number one doubles. After the season was complete Leann was named Most Valuable Player.



Freshman **Melody Myers** and sophomore **Tonya Westmoreland** work together to try and defeat the Wheeler team. This was their last match because they were defeated. Both played together at number two doubles this season. Both were first year varsity players.



Sophomore **Jeanine Songer** hits the ball back to a team member during warm-ups before a match. This match was vs. Gary Wirt in the first round on sectionals. Jeanine won this match with scores of 6-1, 6-2. She then moved on to play Wheeler where she was defeated 6-1, 6-2.

Kristina Komenich, sophomore, hits a forehand back to her opponent in a match vs. Gary Wirt. Kristina played number two singles this match. This season was her first year on the varsity team. She was also named the Most Improved Player on the team.



Juniors **Leann Cicillian** and **Heather Rogyom** warm-up together before their sectional match vs. Gary Wirt. Leann and Heather played number one doubles this season. This was their second season playing together. Both played junior varsity as freshmen and moved to varsity as sophomores together.

Heather Rogyom, junior, hits the ball back to her teammate during practice one day. Heather played number one doubles with Leann Cicillian. After the season was complete Heather was given the Mental Attitude Award. Along with Leann, these two were the only two on the team who beat Wheeler in sectionals.

Tennis Awards

MVP

Leann Cicillian

MIP

Kristina Komenich

Mental Attitude

Heather Rogyom

0-5	Handover Central	0-5	E.C. Central
0-5	Boone Grove	2-3	Hammond Morton
0-5	Griffith	1-4	Hammond Gavitt
1-4	Caulnet	1-4	Hobart
		2-3	Lake Station
3-2	Sectionals	1-4	Hammond Clark
1-4	Gary Wirt	0-5	Whiting
	Wheeler	0-5	Wheeler

Girls' Varsity Tennis

Team: first row: Coach Al

Detterline, Fernanda

Heredia, Beth Perscley,

Heather Rogyom, Rachel

Guerrero, back row:

Melody Myers, Kristin

Komenich, Leann Cicillian,

Tonya Westmoreland and

Jeanine Songer.



Charred Chipshots

The record for the boys' varsity golf team was good even though the team only had five players which is just enough for a varsity team. This was unusual considering last year's team had more than enough underclassmen players to fill the varsity and junior varsity team. Returning to the boys' varsity golf team from last year was senior **Dan Vandevender**, juniors **Brant Heavilin**, **Chuckie Roth** and **Eddie Stojancevich**. The one new golfer who joined the team this year was junior **Sal Montes** who reflected on the season by saying, "I did not know golf would be so fun in high school. My scores keep dropping at each practice and my driving is greatly improving, but I just wish that I would have started golf earlier in high school. I plan on joining golf next year and hopefully with some practice I will be the number one golfer on the

team." "The uncommon weather that occurred this spring created a challenge for the golf team," said Coach **Jack Burton**. The storms came later in the season and consecutive rain days would not allow the golf team to practice after school while they were trying to get ready for Sectionals. Playing the wind this year was the most difficult task for the players because for a moment the breeze would be blowing one direction then as the golfer would tee off it would quickly change directions throwing the players ball in an unwanted area of the course. At Sectionals the River Forest team was the smallest to compete, but respectively managed to place sixth out of twelve teams. The remaining players all plan to join golf next year to keep the team strong, but the only statistic that could affect them might be the lack of team size.

Robert Ordway



First year player, junior **Sal Montes** tees off at the first hole of the course during practice. At the NAC match, Sal achieved his first birdie on the thirteenth hole and shot a 103 overall.



Lining up his feet, junior **Eddie Stojancevich** carefully gets his club straight as he prepares to hit his second shot out of the high grass. Now a three year veteran of the team, Eddie improved most areas he wanted to on his golf game.



Digging deep on his swing, junior **Chuckie Roth** knocks a chunk of grass out of the ground. This was Chuckie's second year on the boys' varsity golf team. His best score this season was a 40. Chuckie plans to be a team leader next year as a senior along with Brant Heavilin.



Standing just outside the green, junior **Chuckie Roth** putts a shot up-hill towards the hole. Chuckie's average was a 45 which made him the number one golfer on the team this year.

Making his second shot at the hole, junior **Eddie Stojancevich** puts some force in his swing in effort to get the ball to the cup. This was Eddie's third year on the boys' varsity golf team.



Junior **Brant Heavilin** swings in full strength as Coach **Jack Burton** and junior high Principal **Richard Heavilin** watch and critique his form. Along with Eddie this was also Brant's third year on the boys' varsity golf team.

Less than ten feet from the hole, senior **Dan Vandevender** takes his time in making an accurate putt during practice at Cressmoor Country Club in Hobart. Dan's best score this year was a 40 and he was the number two golfer on the team

Track Awards		Most Valuable		Chuckie		Roth	
W	L	W	L	W	L	W	L
L	W	W	L	W	L	W	L
L	W	W	L	W	L	W	L
L	W	W	L	W	L	W	L
3rd	3rd	3rd	3rd	3rd	3rd	3rd	3rd
1st	1st	1st	1st	1st	1st	1st	1st
6th	6th	6th	6th	6th	6th	6th	6th

Squinting at the camera, Coach **Jack Burton** smiles for a picture on a bright day. Coach Burton has been leading this team for three years now having some of the best playing in school history.



Boys' Varsity Golf Team:
Brant Heavilin,
Eddie Stojancevich,
Chuckie Roth,
Sal Montes, Dan Vandevender
 and Coach **Jack Burton.**



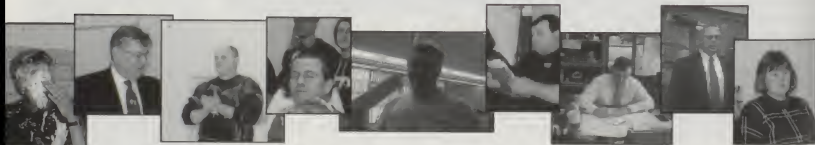
Mr. Dennis Leonard works on his computer looking through the basketball team's record. This was Mr. Leonard's first year as athletic director.



Mr. Jim Halcomb, Dr. James Rice and Mr. Richard Arnold check the records during a school board meeting. The school board members were elected last year in May.



River Forest High School Principal Mr. Monte Moffett gives a speech during the traditional Christmas Assembly. Mr. Moffett along with rest of the staff later ended the assembly singing *White Christmas*.



Scorching Administration

This year there were a number of changes in the administration. New members were added to the River Forest administration. It was Mr. VanDrie's first year at River Forest. Mr. VanDrie took the position as the assistant principal. "Attendance and discipline is what I mainly deal with all day," stated Mr. VanDrie. Another new addition to the administration was the superintendent, Dr. James Rice. Dr. Rice

came to River Forest after previously being the Director of Student Services at Hobart. Mr. Dennis Leonard, former physical education teacher, was hired as the new athletic director. Mr. Leonard has been working for our school system for many years. Returning to traditions was the high school principal, Monte Moffett and the junior high principal, Richard Heavlin.

Sarah Saylor



High School
Principal
Mr. Monte Moffett



High School
Assistant Principal
Mr. Jeff Van Drie



Junior High
Principal
Mr. Richard Heavlin



School board members applaud during an awards ceremony for the elementary students who participated in the reading program. The school board met the second Tuesday of every month.



Blistering Faculty

As the faculty and administration gathered together to begin a new year, they worked hard to make the school the best it can be. Many workshops took place during the year to discuss Indiana's new laws which give the school new standards. A huge plan that was discussed most of the year was the idea of trimesters. Many teachers were working hard to boost the schools' ISTEP percentage

up to standards.

For some teachers it was their first year teaching, for others, their last. Mr. **Weldon Slater** and Mrs. **Patricia Sisk**, who had been teaching for many years, decided it was time to hand their classrooms to new teachers.

As for the new teachers, they brought many new ideas and helped out by coaching extracurricular activities.

Janie Sellers

Mrs. **Amy Alessandrini**: Life Skills Teacher and Special Olympics Head of Delegation
Mrs. **Sandy Alexander**: Cafeteria Staff
Mrs. **Nancy Austin**: Life Skills Class, Special Olympics Track and Baseball Coach and Special Olympics Assistant Basketball Coach
Mrs. **Melody Ayres**: Cafeteria Staff
Mrs. **Mary Ann Barkalow**: Algebra Grade 8, Pre-Algebra 8 and JH Honor Society Sponsor

Ms. **Francie Blaney**: Language Arts 9,10, Basic Skills and Quill and Scroll Sponsor

Ms. **Donna Briggs**: Health 7 and 8, Girls' Physical Education 9 and IMPACT

Mrs. **Mary Anne Castellani**: Attendance Secretary
Mrs. **Diane Chary**: Language Arts, JH Student Council and HS Academic Team Assistant Coach

Mr. **Rick Cheek**: Assistant Band Director, Pep Band, Jazz Band, Marching Band, Beginning Bands and Intermediate Band

Mrs. **Karen Chontos**: High School Guidance Secretary
Mrs. **Christina Colon**: Paraprofessional
Mrs. **Irma Cuevas**: Spanish I, II, III, IV, Practical English, and Spanish Club
Mr. **Al Dettlerline**: Mathematics Instructor, Boys Tennis Coach, Varsity Girls Basketball Coach, Girls' Tennis Coach
Mrs. **Michelle Emery**: Spanish 7, 8, and English as a Second Language

Mrs. **Marcia Grimes**: Cafeteria Staff
Miss **Pamela Garrison**: Math Grade 7, Pre-Algebra Grade 7, Girls Volleyball Grade 8, Boys Basketball Grade 7, High School Girls Track and Field
Mr. **Tim Gault**: Earth Science, Physical Science, Head Baseball Coach, Head Football Coach, Strength and Conditioning Coach
Mr. **Tom Hocker**: World History, US History and Government
Mrs. **Kathy Hooks**: Chemistry I, II, Humanities, Academic Coach, National Honor Society Sponsor and Science Dept. Chairperson





Mrs. Peggy Hunt: Jr/Sr High School Media Specialist, Multicultural Chairperson and Department Chairperson for Libraries

Ms. Amy Jablonski: Practical and Basic English; LRE Facilitator

Mrs. Patti Jennings: Language Arts 8

Mrs. Connie Jurov: Cafeteria Staff

Mrs. Natalie Keller: English I, II, III, IV, V, Newspaper,

Remediation and Department Chairperson

Miss Jennifer Kolan: Basic Math and Basic Health

Mrs. Gloria Komosa: Art and Design I, II, Drawing and Painting I, II and Art Fair Sponsor

Mrs. Danyelle Kozma: French I, II, III, IV, V, Newspaper, Yearbook, Freshman Class Sponsor and French Club

Mr. Brent Lamey: Science 7

Mr. Mike Lyons: Science 8

Mrs. Sandra Mihalik: Language Arts

Mrs. Elizabeth Miranda: School Nurse

Mrs. Bernadette Monda: B.E.S.O. Bilingual and Faculty Sponsor

Miss Carol Needham: Library Assistant

Mr. David Ortiz: Physical Education and Health

Mr. Paul Payne: Severe Disabilities

Mr. Jason Quigg: Head Boys' Basketball Coach, Head Cross Country Coach, Head Softball Coach and Senior Class Sponsor

Mr. Robert Rajsic: Industrial Technology, Department Chairperson, Manufacturing, Technology System Woods I and Technology Processes Advanced Woods

Mrs. Gale Robertson: High School Secretary

Mrs. Miriam Rodriguez: Paraprofessional

Mrs. Delia Rosado: MOMH and Paraprofessional

Mrs. Anne Rymek: Cafeteria Staff

Mr. Hector Santiago: Custodian

Mrs. Pat Sisk: Nutrition and Wellness, Advanced Foods,

Adult Roles and Responsibilities, Family and Consumer

Studies 7 and Department Chairperson

Mrs. Linda Slanina: Impact Team, Special Education and LRE Facilitator

Mr. Weldon Slater: Band Director, Fine Arts Department Chairperson, Bus Supervisor

Mr. Roland Studley: Head Custodian

Mrs. Theresa Studley: Cafeteria Staff

Mrs. Melinda Sutherland: Confidential Secretary JH Office, JV Girls' Volleyball Coach, Girls' Basketball Coach 8 and JH Girls' Cheerleading Coach

Mrs. Tanna Taylor: Library Assistant

Mr. Rodney Thompson: JH Football Coach, Girls' Varsity Basketball Assistant Coach and JH Girls' Track Coach

Mrs. Maria Verdusco: Cafeteria Staff

Mrs. Sandy Waldrop: Junior High Office Clerk

Mrs. Sally Weitzel: Basic Math, Basic Geography,

Resource and Academic Team Coach

Mr. Kirk Whiting: Economics, US History, Psychology,

Assistant Varsity Football Coach, National Honor Society

Advisor, Academic Coach, Department Head and Social

Studies

Mrs. Debra Zawlocki: Housing/ Foods 8, HS Child Development and Interpersonal Relations





Phil Sandlin/AP Victor Caivano/AP



After five weeks of hard recounts, court appeals, concessions and retractions, presidential candidate Al Gore conceded the presidency to Texas Governor George W. Bush in one of the country's most historically significant elections. As the son of former President Bush, who served from 1989 to 1993, George W. Bush's victory makes the Bushes the first father-son team to hold the White House since John and John Quincy Adams in the early days of the republic. Bush also became the first chief executive since Benjamin Harrison in 1888 to claim the office in the Electoral College while trailing in the popular vote nationwide.

retrospecti

an overview of events and personalities
of the year



Pool/AP

Astronaut William Shepherd and cosmonauts Sergei Krikalyov and Yuri Gidzenka made up the first team to inhabit the International Space Station, taking the historic steps toward what NASA hopes will become a permanent living and working space. Each team will work and live for four months aboard the Russian module Zvezda, conducting biological and technical experiments until another crew replaces them.



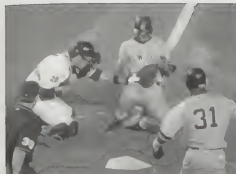
Sven Kaestner/AP

After years of dreaming, planning and arguing over who should get the credit, the International Human Genome Project and Celera Genomics put their differences aside and officially announced they have (both) deciphered the 3.1 billion biochemical "letters" of human DNA. The amazing breakthrough will allow scientists vast insight into human health and disease at the molecular level, knowledge that will lead to a revolution in diagnosing and treating everything from Alzheimer's to cancer. The discovery is seen as one of history's great scientific milestones, the biological equivalent of the moon landing.



Louis Lanzano/AP

Web superstar Napster, founded and created by 19-year-old Shawn Fanning, was pulled into court as the Recording Industry of America sued to stop the extremely successful Internet music file-sharing company in aiding the distribution of copyrighted songs. The legal pressure led to an agreement between Napster and music conglomerate Bertelsmann, but not to a final settlement on the issue of peer-to-peer file sharing.



Ron Frehm/AP

Having never played each other in the World Series games before, The New York Yankees battled the New York Mets in what was dubbed the "Subway Series." Victorious at Shea Stadium, the Yanks defeated the Mets 4-2 in Game 5 of the Series, becoming the first team in more than a quarter-century to win three straight titles.



Joe Marquette/AP



David Longstreath/AP

Spectators in Sydney, Australia were owed by the spectacle of the 2000 Summer Olympics, but TV spectators in United States were obviously less interested, causing this summer's Olympic ratings to be some of the lowest of any Summer or Winter Games since 1968. Despite poor ratings, the U.S. swept the games with the highest number of gold medals, 39, and 97 medals overall. Russia took second with 32 gold and 88 overall, and China ranked third with 28 gold and 59 overall.



Kevork Djansezian/AP

Reality-based television shows become a pop-culture phenomenon with the summer debut of CBS's "Survivor" and "Big Brother." Contestant Richard Hatch was the first to survive "Survivor," winning the \$1 million grand prize. The shows feature screened contestants placed in real-life situations with no scripts or predetermined outcomes. MTV's "The Real World" was the predecessor to the popular "real" shows, followed by "Who Wants to Be a Millionaire," "Greedy," "The 1900 House" and "Making the Band."



Michael Sanville/AP

New bride Jennifer Aniston may have taken away his eligible bachelor status, but People magazine had no problem crowning actor Brad Pitt the Sexiest Man Alive (again) in 2000. Also named Sexiest Man Alive in 1995, Pitt is the first two-time title holder since the magazine began its "Sexiest" tradition in 1985.



Maxim Marmur/AP

A nation mourned the lives lost on the Russian nuclear submarine Kursk which sank to the bottom of the Barents Sea after being shattered by a huge explosion. Despite the prolonged rescue efforts of Russian and Norwegian divers, all 118 crewmen aboard the Kursk died.

The Trail

John Barber

Amber Alexander
Marching Band 1,2,3,4;
Volleyball 2,3,4; Girls'
Basketball 1,2,3,4; Girls'
Track 1,2; and Softball
1,2,3,4.

Erica Bowman
Choir 4.

Melody Brawley
Drama Club 1; Marching
Band 1; Yearbook 1; and
Spanish Club 1.

Maria

Burge
Drama Club
1,2; Cheer-
leader 2,3;
Volleyball
1,2; Girls'
Basketball
1,2; Girls'
Track 1,2.

Christina

Burns
Honor
Society
2,3,4;
Student
Council 3,4;
Newspaper
4; Cheer-
leader

1,2,3,4; French Club 1,2,3,4;
Girls' Track 2; Football
Homecoming Queen Court
3,4; Class Officer 3,4.

Bill Carns

Honor Society 4;
Boys' Cross Country 2;
Boys' Basketball 1,2;
Boys' Track 2.

Jose Cisneros

Boys' Basketball 1,2,3.

Rebecca Cisneros

Honor Society 2,3,4; Spell
Bowl Math 3,4; Auxiliary
Corps 1,2,3,4; Spanish
Club 2,3; Girls' Cross

Country 1,2,3,4; Wrestling
2,3,4; Girls' Track 1,2,3,4.

Brandon Crofton

Football 1,2,4; Boys'
Basketball 1,2; Boys' Track
1,2.

Francisco Cuevas

Spanish Club 1,2,3,4;
Football 2,3,4; Boys'
Basketball 1,2,3,4.

Ruben DeLeon

Boys' Basketball 1,2,3.

Ryan Harder

Football 1,2,4; Baseball
1,2,3,4.

Nicole Joseph

Marching Band 1,2,3;
Cheerleading 2; Spanish
Club 1,2.

Courtney Krasoczka

Student Council 1,2,3,4;
Marching Band 1,2,3,4;
Yearbook 2,4; Girls' Bas-
ketball 1,2,3,4; Softball



Marialena Dominguez

Honor Society 2,3,4; Pep
Band 3; Jazz Band 4;
Spanish Club 1,2,3; Girls'
Cross Country 1,2,3,4;
Football Homecoming
Queen Court 4.

John England

Choir 1,2,3,4.

Noemi Fontanez

Spanish Club 2.

Ryan Garner

Wrestling 1,2,3,4; Boys'
Track 2.

Rich Hale

Marching Band 1,2.

1,2,3,4; Football Home-
coming Queen 4; Football Home-
coming Queen Court 1,3,4;
Class Officer 1,2,4.

April Lewis

Choir 1,2.

Tim Lyle

Marching Band 2,3,4;
Student Council 1,2,3,4;
Football 3,4; Boys' Tennis
1,2,3; Boys' Basketball
1,2,3,4; Boys' Track 1,2;
Baseball 1,2,3,4.

Harry Manos

Marching Band 1,2,3;
Honor Society 2,3,4; Jazz

Band 1,2,3,4; Boys' Cross Country 1,2,3,4; Boys' State 3; Football 4; Boys' Track 1,2,3,4.

Sandra Manzo

Honor Society 3,4; Spell Bowl 3,4; Academic Decathlon 3,4; Super Bowl 3,4; Spanish Club 3,4; French Club 4; Girls' Track 3,4; Softball 3,4.

Jennifer Massey

Softball 1,2,3,4; Class Officer 4.

Jessica Nunez

Drama Club 1,2; Auxiliary Corps 2,3,4; Choir 1,2,3,4; Spring Musical Revue 2,3; BESO 1.

Frank Nuzzo

Honor Society 4; Boys' Cross Country 3; Baseball 1,2,3,4.

Wendy Pacey

Musical Revue 1; French Club 1,2,3,4; Girls' Track 1,2,4.

Steven Peek Jr.

Football 1,2,3,4; Mr. Football 4; Class Officer 3.

Jason Perez

Marching Band 1,2,3,4; Pep Band 1,2,3,4; Jazz Band 1,2,3,4; Cheerleader Lifter 3; Spanish Club 1; Boys' Tennis 3,4; Boys' Track

1,2,4; Baseball 3,4.

Ray

Piunti

Choir 1,2; Boys' Cross Country 2.

Edgar

Ramos

Honor Society 3,4; Boys' Basketball 1,2,3,4; Boys' Track 1,2,3,4; Baseball 1.

Leslie Turner
Yearbook 3.

Justin Wallace
Honor Society 2,3,4; Pep Band 2,3,4; Jazz Band 2,3,4; Golf 3.

Aisha Wright
Auxiliary Corps 3; Cheerleader 1; French Club 4.

Shelly Therault
Marching Band 1,2,3,4; Pep Band 2,3,4; Spanish Club 1,2.

Dan Vandevender
Choir 3; Student Council 3,4; Boys' Tennis 1; Golf 3,4.

Ivan Vasquez
Football 4.

Steve Zon
Football 2,3,4; Wrestling 2,3,4; Boys' Track 2,3,4.



Drama Club 1,2; Choir 1,2,3,4; Football 1; Softball 1.

Kym McKinney

Choir 3,4.

Stephanie McKinney
Choir 1,2,3; Spring Musical Revue 1,2.

Ruth Norman

Quill and Scroll Society 2,3,4; President 4; Spell Bowl 2; Marching Band 1,2,3,4; Pep Band 1,2,3,4; Yearbook 1,2,3,4; Business Manager 3,4; Spanish Club 1; Girls' State 3; Volleyball 1;

Honor Society 3,4; Quill and Scroll Society 2,3,4; Spell Bowl 1,2,3,4; Super Bowl 1; Student Council 4; Marching Band 1,2,3,4; Pep Band 1,2,3,4; Yearbook Staff 1,2,3,4, editor 2,3,4; Newspaper Staff 3,4, Editor 4; Spanish Club 1; Volleyball 1.

Alison Patterson

Spell Bowl 3; Academic Decathlon 3; Super Bowl 3,4; Student Council 3,4; Drama Club 1,2; Marching Band 2; Choir 1; Spring

Tennis 1,2,3,4; Boys' Basketball 1,2,3,4; Baseball 1,2,3,4.

Angel Rosado

Marching Band 1,2,3,4; Spanish Club 1,2,3,4; BESO 1; Boys' Tennis 1,2,3,4; Boys' Basketball 1,2,3,4; Baseball 1.

Aaron Rymer

Football 4; Boys' Tennis 1; Wrestling 4; Boys' Track 4; Baseball 3,4.

Sara Russi

Quill and Scroll Society 4; Spell Bowl 1,2,4; Academic

Decathlon 4; Super Bowl 3,4; Drama Club 1,2; Marching Band 1,2,3,4; Auxiliary Corps 2,3,4; Yearbook Staff 2,3,4.

Jamie Sellers

Honor Society 4; Student Council 1,2,3,4; Marching Band 1,2,3,4; Auxiliary Corps 3,4; Yearbook 2,4; Girls' State 3; Volleyball 1,2,3,4; Softball 1,2; Football Homecoming Queen Court 2,3,4; Class Officer 1,2,3,4.

Matt Sobel

Football 1,2,3,4; Baseball 4.

Jason Tschopp

Honor Society 3,4; Boys' State 3; Boys' Cross Country 1,2,3,4; Boys' Basketball 1,2,3,4; Boys' Track 1,2,3,4; Baseball 1.

Leslie Turner

Yearbook 3.

Justin Wallace

Honor Society 2,3,4; Pep Band 2,3,4; Jazz Band 2,3,4; Golf 3.

Aisha Wright

Auxiliary Corps 3; Cheerleader 1; French Club 4.

Shelly Therault

Marching Band 1,2,3,4; Pep Band 2,3,4; Spanish Club 1,2.

Dan Vandevender

Choir 3; Student Council 3,4; Boys' Tennis 1; Golf 3,4.

Ivan Vasquez

Football 4.

Steve Zon

Football 2,3,4; Wrestling 2,3,4; Boys' Track 2,3,4.



Burning with anticipation

The Junior Class had many opportunities to show their maturity and ability to handle the many pressures of being upperclassmen.

The school year for the juniors

started a little earlier than the other classes this year.

Saturday, August 13, the juniors held a car wash to raise money for prom and other activities held during the school year.

During the Football Homecoming the juniors proved themselves able to take on the responsibility as seniors by tying with the seniors in school spirit points.

Holly Westmoreland

Heather Aguilar
Brandy Ayala
Melissa Ballard
Leslie Blankenship
Christopher Breeze
Shawn Broderick
Amanda Burke



Richard Butchko
Oswaldo Chavez
Leann Cicillian
Jonna Claxton
Jessica Coates
Amanda Crofton
Melissa Crum



Christopher Davis
Nichole Davis
Cynthia Degroot
Ryan Duffy
Daniel Farthing
Stephan Feezor
Myriam Fontanez



Alisha Gallardo
Jennifer Gildersleeve
Hope Green
Elijah Gregory
Stacey Gunn
Justin Guzman
Michael Guzman





Elizabeth Hall
Brant Heavilin
Ray Hernandez
Melissa Herring
Melissa Hinkle
Marie Hutton
Michael Keller

Toni Kennedy
Roger Knopp
Katherine Komenich
Theresa Larson
Jessica Lemmon
Jenny Lopez
Matthew Lopez

Jami Meece
Christopher Melendez
Michael Minarich
Salvador Montes
Silvia Montes
Daniel Munoz
Stephanie Neely



Juniors Leslie Blankenship and Silvia Montes battle each other with water hoses. Over the summer the juniors sponsored a car wash in order to raise money for prom. The juniors raised almost \$200.



Juniors Heather Rogyom and Toni Kennedy attempt to tear tape for their class float. The Junior Class needed a lot of tape for their many balloons and ribbons atop their float. The juniors placed first in the float competition.





Junior Danny Farthing takes a break from his busy school day schedule to take a nap outside of his sixth hour geometry class. "You could often find Danny outside his class," stated Mr. Jack Burton.



Junior Holly Westmoreland gets sprayed with a water hose at the Junior Class car wash. Holly was the only person who was not yet wet so the other girls decided to join together and soak her with the hoses.

Malleri Newcomb
Joseph Nuzzo
Nicole Pardo
Matthew Paul
Jason Pavlik
Elizabeth Persely
Rafael Price



Natalie Quinlan
Nathan Rivera
Cymerly Reder
Ricardo Rodriguez
Heather Rogyom
Charles Roth
Sarah Saylor



Elizabeth Schillke
Joshua Smith
Danny Stanley
Edward Stojancevich
Desiree Torres
Victoria Tschopp
Holly Westmoreland





Katrina Whitworth
Marja Wilson
Taylor Wilson



Chris Davis, junior, helps his class by blowing up a balloon for Homecoming in the junior hallway. Chris was also able to contribute to the decorating of the hallway because of his height.



Futures Flame

During the 2000-2001 school year the sophomores were given many opportunities. In September tenth graders took the ISTEP, as well as the PSAT's. The ISTEP is a required test that must be passed in order to graduate.

When asked about the difficulty of the test **Hector Mercado** stated, "It was difficult, but it wasn't as hard as I thought it would be."

The Sophomore Class held many fundraisers over the course of the year including selling Christmas cards and

candy.

During Homecoming the sophomores came in second place. The highlight of the week was Friday when Mrs. **Pat McNabb** announced that they placed first in hall decorations.

Holly West ~~Homecoming~~



Jackie Nord, sophomore, sweeps up after decorating the hall. When the halls were finished, many students were seen cleaning up. Points were deducted if the hall wasn't cleaned up properly.



Sophomore **Barbara Woodke** waits outside the cafeteria during her lunch hour. Barbara showed her spirit by dressing as Baby Spice of the Spice Girls.



Amanda Alexander
Heather Ard
Missy Arnold
Ashley Ayres
Josh Barnes
Rebecca Blackwell
Trista Breneman

April Cadle
Tara Camarena
Rudy Cano
Justin Carlson
Clifton Carothers
Amber Carroll
Lisa Clardy

John Clark
Dustin Coleman
James Cruz
Rebecca DeGroot
Stephanie DeVault
Michael Doffin
Dwayne Durk

Melissa Ethridge
Michael Fay
Daniel Fontenez
Renee Garcia
Basil Gardner
Emmanuel Garibay
Martin Gaskey

Vanessa Gildersleeve
Brienne Gilliana
Mike Gonzales
Michael Graun
Rachael Guerrero
Daisy Gutierrez
Jason Gutierrez

Josh Halcomb
Michelle Harper
Justin Horn
John Hunter
Brandon Jacobs
Stephanie Kalberer
Kim Keller

Erin Kempksi
Kristina Komenich
Carla Martinez
Rachel McKinney
Hector Mercado
Damon Mikuly
Rachel Kurek



Deborah Lopez
Deanna Mullins
Enid Munoz
Jackie Nord
Marco Nunez
Robert Ordway
Anthony Ortiz



Brandi Ortiz
Sunni Pacey
Candi Patterson
Tammy Patterson
Jennifer Perkins
Jennifer Poe
Nicole Reed



Sophomores **Robert Ordway** and **Josh Halcomh** busily draw a rocket and stars on the Sophomore Class banner. This is the second year that Robert and Josh have drawn the banner. The sophomore theme was "Blast the Bearcats."



A group of sophomore girls gather around the dance floor during the Homecoming dance. The dance was sponsored by the Senior Class and the music was provided by DJ's Unlimited.





Sophomore Amanda Alexander demonstrates her game face as well as showing her support for the volleyball team. Amanda was often seen in the lobby at lunchtime entertaining her friends.



Sam Saalwaechter
Richard Sajdera
Crystal Salzer
Robby Saylor
Amber Scott
Richie Servin
Veronica Shaikh

Jeanine Songer
Christopher Stanton
John Stephens
Jack Stoddard
Mike Toll
Edgar Vasquez
Andres Verduzco

Evelina Verduzco
Vanessa Walley
Joe Waters
Elizabeth Waters
Cassandra Westmoreland
Tonya Westmoreland
Samantha Whitworth

Mary Willis
Becky Wolfe
Barbara Woodke
Blanca Zepeda



Fired Up

In the fall freshmen strolled through the door. Some felt they needed to be fired up and make a point that they wanted to become part of the school. "It was better than I thought. There were a lot more challenges than I expected," said **Harold Herring**.

The class began displaying school spirit and participating in activities and fundraisers. During

Football Homecoming the class chose the theme. "Bewitch the Bearcats." Leading the class were **Andy Knies**, president; **Jody Soliday**, vice president; **Christina Collazo**, secretary; and **Paulina Ballesteros**, treasurer. The class was sponsored by Mrs. **Danyelle Kozma**. "I was impressed with the freshmen," said Mrs. Kozma.

Jamie Sellers

Freshmen prepare themselves for the parade to begin. Freshmen received fourth place on the float competition. They took balloons and other decorations from their hall to put on their float.





Freshman **Jody Soliday** helps her class at hall decorations. Freshmen received second place in hall decorations. Before attending hall decorations Jody competed in a volleyball game.



Michael Adams
Britney Allbritton
Genevieve Avila
Paulina Ballesteros
Shelly Barlow
Trina Broderick
Megan Burrell

Kenneth Camp
Steven Clifford
Christina Collazo
Jessica Costello
Amber Cottrell
John Da Vaney
Eric Deemer

Marigrace Dietz
Ryne Dobson
Joshua Elea
Joan Emerson
Angel Erwin
Richard Evans
Adam Goodman





Freshman Melissa Manzo helps at football Homecoming hall decorations. Melissa is putting cotton on the dragon. The Freshman theme was "Bewitch the Bearcats."

Christopher Graun
Jennifer Guzman
Zachery Heridia
Lupe Hernandez
Harold Herring
Pamela Ivey



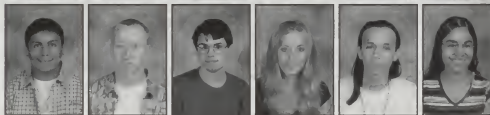
Andy Jarvis
Nia Jimenez
Matthew Johnston
Michelle Joseph
April Kearby
Danielle Kempshi



Andrew Knies
Timothy Lane
Jason Lozanovski
Melissa Manzo
Jessica Martin
Adam Martinez



Alfonso Martinez
Jeffrey McNabb
Mark Mills
Amber Morris
Anthony Mosqueda
Veronica Muniz





Melody Myers
Ryne Nunez
April Ortiz
Jennifer Otano
Jake Paradine
Amanda Peel
Michael Podgorski



Jessie Poe
Ricardo Price
Tara Quinlan
Brandon Ragan
Nicholas Rouch
Maxwell Rodriguez
Mary Saalwachter



Jose Sanchez
Mike Santmyre
Falon Schultz
Shannon Schultz
Tillie Smith
Johnathon Sobel
Jody Soliday



Joshua Soliday
Brandon Sutherland
Sergio Tellez
Anthony Travis
Leticia Valenzuela
Carmelo Venegas
Nicole Villagran



Danielle Walker
Lisa Wallace
Tabatha Westmoreland
Jennifer Wiggins



Scorching seventh and eighth graders

Students fill the halls of the junior high once again, except this time there were new faces. The new seventh graders had to learn the way that River Forest works. They had to get used to the fact that they no longer ran the school like they did while in sixth grade. Now they were at the bottom of the rank instead of the top. "This

school is so much different from the elementary!" stated seventh grader Marcos Cruz while discussing the differences between the elementary and junior high. On the other hand, the eighth graders came back knowing that they would be the higher group in the junior high. Having experienced the change between elementary and junior

high, they were already used to the way that the junior high works. With sparks of excitement in their eyes they went through the year working out the problems set before them. Before the year was over the seventh graders felt in place with the whole system of the junior high.

Sara Rusri

Timothy Aguilar
Tim Amnes
Israel Astorga
David Besaw
Derek Bood
Angela Broughton
Nick Bruce
Roger Castillo
Alejandra Chavez

Jennifer Childers
Rocio Cisneros
Paul Cleveland
Amber Coleman
Bill Cox
Marcos Cruz
Matthew Cunningham
Jamie Dailey
Rebekah Davis

Rebeca Dominguez
Henry Downing
Andy Duran
Anthony Dwyer
Lacy Dyson
Donald Ekdahl
Joshua Ekdahl
Krystal Erwin
Anthony Ferrell

Tim Fuchs
Eric Garner
Karissa Garner
James Gildensleeve
Jenny Gilmore
Bernard Goin
Alicia Guertin
Haley Hardin
Madaline Hardin

Joshua Hazelton
Bruce Hendry
Janell Herbi
Jonathan Heridia
Tianna Hernandez
Ann Herring
Cassandra Hooker
Julia Horn
Anna Howard

Elizabeth Howard
Steven Hunter
Norman Hunter
Zachary Jasper
Jeremiah Johnson
Ava Keel
Carl Kurek
Stephan Kurth
Harold Lentner



Rachel Lightfoot
Kurt Lindahl
Justenie Long
Ricky Long
Vincent Lopez
Danica Luna
Katy Lyle
Jeremy Maza
Nathan McPike

Elyssa Meentemeyer
Glenn Meentemeyer
Thomas Meggenhoffen
Mikal Mimarich
Rubisela Mendoza
Andrew Metz
Amanda Mikuly
Ashley Milliken
Anthony Mondo

Krystal Montes
Sal Muffoletto
Carlos Muniz
Charlie Rae Myers
Mary Norman
Wade Oglesby
Erica Ortiz
Angel Owens
Melissa Potts

Stephanie Ragan
Kristopher Ragan
Luis Ramirez
Robert Richardson
Daniel Rines
Rodney Robinson
Rita Rodriguez
Bruce Rundberg
Derek Rundberg

David Rust
Kimberly Rust
Daniel Squires
Derek Soderquist
Robert Schwader
Kimberly Saklak
Stephanie Salinas
Maria Sanchez
Lauren Struebig

Jessica Stryszyk
Michael Soto
Keith Santell
Ashley Sutherland
Bobby Terry
Maria Torres
John Trezak
John Therault
Rusty Windsor

Nathan Waters
Angela Westmoreland
April Westmoreland
James Woodke
Anthony Williams
Eric Zwolinski
Kalyn Whitten
Liliber Zepeda



WHAT'S HOT

T-Shirt Logo



A&F stands for Abercrombie and Fitch a popular and expensive clothing store for teens.



During boys' basketball season the players sold River Forest basketball shirts and sweatshirts. Both the shirt and the sweatshirt were popular items for the River Forest students.

Perfume



Ralph Lauren is a hot new perfume that girls like to wear. Tommy girl and Tommy Freedom are also popular fragrances. Many girls also liked to wear fruity smelling fragrances from Bath and Body Works and Victoria's Secret. Popular colognes for men consisted of Tommy, Hugo and Abercrombie and Fitch.

Nails

Many girls often decided to get their nails professionally done. It usually cost around \$20-\$25 to get done. You could also have designs put on your nails.



Hair



Hair twisties were a popular hair style this past year. You could do many other things like put your hair in a half ponytail, full ponytail, or a French twist while you had hair twisties in the front of your hair.

Glasses



Thick framed glasses are a trend picked up from the '60's. There were different shapes for the frames. Square, rectangular and oval were the most common shapes.

Earrings



Having more than one hole in your ear is common in this day and age. Double and even triple piercing have become quite popular. Many different types of earrings have been created to fit piercings in the cartilage part of the ear.

Socks



Socks came in many different colors and styles. Cute socks with sayings on them, like the one pictured, were about \$3 to \$4.

Skirt



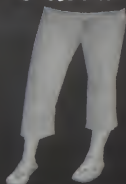
Many new designs of skirts came out this year. Many skirts contained beads and sequins.

T-Shirt Logo



One new fad was one word adjectives on shirts. Hottie, Angel, Spoiled, Brat and Foxy were a few one word shirts that were popular.

Pants



Capri pants are still popular for the summer. Capri pants are a combination of shorts and pants.

Shoes



Name brand gym shoes are Nike and Adidas. Popular colors are orange, yellow, blue and greys.

Belt



Belts have become the popular rage once again with many different designs on them. Flames, glitter, hearts and sayings were popular to wear with a trendy outfit.

Purse

Purses are great additions to any outfit. Purses come in many different shapes and sizes and cute ones are easy to find.



Sophomore Robert Ordway sports his own unique look by wearing a chain and matching Adidas attire.



5-7-9

Abercrombie and Fitch

Aeropostale

All Stars

American Eagle Outfitters

Anchor Blue

The Buckle

Casual Corner

Eddie Bauer

Express

Ganzooks

Gap

Man Alive

Mr. Rags

Naurice

Pacific Sunwear

Rave

Wet Seal



Hot Traditions

Powder Puff

This year River Forest rekindled an old tradition. For the first time since 1974, a Powder Puff game was involved in Homecoming activities. The game was held on Wednesday, September 13. In the first game, the Senior Class demolished the Sophomore Class. The juniors went on to burn the freshman and the Junior Class went head to head with the Senior Class in the championship game. The juniors beat the seniors 6-0. The junior touchdown was made by Elizabeth Hall in the first half when she intercepted the ball.

Ruth Norman

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Sheryl Solomon



"I enjoyed dressing up in the cheerleader uniform and cheering on the senior girls in the Powder Puff game. I will never make fun of another cheerleader again," laughed senior Josh Smith.

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Head Coach Sal Montes stated, "I really enjoyed coaching. My assistant Chucky and I liked going undefeated. It was hard for us to push the girls, but we fought through it and came out champions."

I give it: 

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Hot Traditions

Attendance Policy

At the beginning of the 1998 school year the River Forest faculty decided on a new attendance policy for the student body. The old policy stated that students were allowed to miss six days with days waived. Three tardies equalled an absence and every other tardy after that equalled another absence. The new policy stated that students were allowed to miss nine days of school, but no days would be waived. When students acquire four tardies it equals an absence and a tardy after that equalled another one. After five tardies a student received Saturday school. If a student had perfect attendance they were exempt from taking final exams.

Ruth Norman

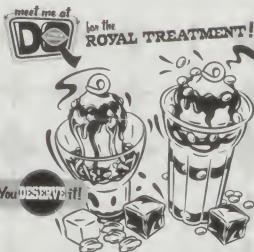


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President
Paulette S. Hill

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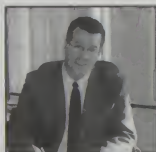
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🔥 It's **WARM**
🔥🔥 It's **HOT**
🔥🔥🔥 It's on **FIRE**

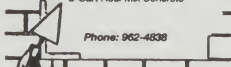


"I feel that there is a direct correlation between attendance and grades. All research shows that the more we are here, the better we do gradewise," commented Assistant Principal Mr. Jeffrey Van Drie.
I give it 🔥🔥🔥

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Junior Eddie Stojancevich disagrees and states, "I think the attendance policy isn't a good idea because we pay to come here and yet when we don't come they kick us out and keep the money."

I give it ❄️



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Traditions

Christmas Assembly

Each year during the last week before Christmas vacation, River Forest High School holds their annual Christmas Assembly. The assembly begins with the band playing their traditional song *Jingle Bells Rhapsody*. Usually there are surprise guests that wish the students a Merry Christmas followed by a visit from Santa. As Santa enters the gymnasium he throws candy canes at the students in the bleachers. Next, the traditional turkey shoot takes place where students line up at the free throw line and the first three students to make their shot wins a turkey. The assembly concludes when the teachers gather and the band performs *White Christmas*.

Ruth Norman



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FIZZLE
to
SIZZLE

❄️ It's **COLD**
🔥 It's **WARM**
🔥🔥 It's **HOT**
🔥🔥🔥 It's on **FIRE**



The Grinch refuted, "I hated the assembly! Everyone wasting their time talking about good will and Christmas cheer. I found it very distasteful. If I could have had my way, I would have had all the students in class learning!"

I Give it ❄️



"Each year I enjoy seeing the Christmas Assembly. It gets me into the Christmas mood, and I especially like hearing the band play music," stated English teacher Natalie Keller

I give it 🔥🔥



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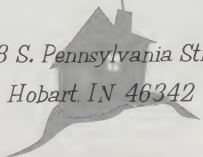
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Hot Traditions

Blood Drive

For many years River Forest has held a yearly blood drive with the American Red Cross. Teachers along with students who are 17 years and older can donate blood. Each year the American Red Cross comes to River Forest and sets up their equipment in the Multi-purpose Room and prepares for the donors to arrive. First, each donor must fill out a questionnaire dealing with their past medical history. The donor then proceeds to a station where the iron level in their blood is tested. If they pass the test, the donor is sent to a chair to donate their blood. After donating a pint of blood each donor is escorted to a nearby table and given snacks and drinks.

Ruth Norman



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to

SIZZLE



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It's **WARM**



It's **HOT**



It's on **FIRE**



Senior Francisco Cuevas replied, "I was proud of myself for giving blood to people who needed it. There was a very low turnout this year, and I think that more people should be willing to donate their blood to a good cause."

I Give it



"At first I was a little scared about donating my blood, but after I was in the chair and they were taking my blood I felt much better about giving my blood to people who might need it in the future," said senior Noemi Fontanez.

I Give it

Hot Traditions

Turnabout

Each year girls who attend River Forest must make the difficult decision of who to ask to Turnabout. Turnabout is a dance held yearly in February in the River Forest Elementary gym. Unlike other dances, girls have the difficult task of asking boys to the dance.

Turnabout may also be classified as a winter dance or ball. Girls dress up in semiformal dresses with their hair done and their dates wear suits. A photographer from Root comes to the dance and takes candid and couple pictures. After the dance couples usually go out with their friends.

Ruth Norman



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On a scale from

FIZZLE

to

SIZZLE



It's **COLD**



It's **WARM**



It's **HOT**



It's on **FIRE**



Freshman Rachael Kurek stated, "I really liked Turnabout. It was a new experience for me. I got to dress up, get my hair done and spend the whole night with my wonderful boyfriend Adam."

I Give it:



Fernanda Heridia stated, "I thought that Turnabout was OK this year. The decorations looked nice, but the DJ could have been better."

I give it:





Homecoming

Homecoming is a tradition that has been held at River Forest many years. Each class comes together to put their best foot forward and come up with a theme to decorate their hallway. Tuesday is usually hall decorations and is traditionally held from 3 p.m. - 9 p.m. Tallies are kept throughout the week. Scores include dress up days, skit, spell bowl, hall decorations and victory yell. Friday night at the game during half time Homecoming Queen and Mr. Football are announced and at half-time of basketball Mr. and Miss Basketball are announced along with Mr. and Ms. Ingot Spirit.



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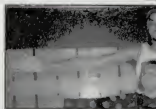
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Congratulate

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Love Mom, Fred, S



On a scale from

FIZZLE

to

SIZZLE



It's **COLD**



It's **WARM**



It's **HOT**



It's on **FIRE**



Vanessa Gildersleeve stated, "I thought it was fun and exciting dressing up in the cheerleading uniform and performing in the assembly with my fellow classmates. I felt like I had a lot of spirit by participating."

I Give it: 



"As a freshman I thought being involved with the Homecoming activities was neat, and I was surprised that the freshmen didn't get last in everything," giggled freshman Tabatha Westmoreland.

I give it: 



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Hot Traditions

Multicultural Fair

Since 1991 River Forest has held an annual Multicultural Fair. The fair was started by Mr. Ron Hughes and Mrs. Peg Hunt. In 1996 they decided to have the fair every other year instead of every year.

Monday during the opening ceremony, the band and choir perform and there is usually a guest speaker. Student representatives speak about different cultures and diversity. Thursday is the annual Multicultural Food Fair. Members of the community gather in the Bill Logan gymnasium from 5 p.m. - 8 p.m. to listen to the music, eat different foods and spend time with friends.

Ruth Norman

River Forest Library

Mrs. Peggy Hunt, Librarian
Mrs. Carol Needham, Assistant
Mrs. Tana Taylor, Assistant



Congratulations Pia!

You have a bright future ahead of you! We're very proud of you. You're a beautiful & talented young woman. We have been saying all these years, you're as smart as you are beautiful.

Love ya!

*Mom, Dad, Grandma,
Nicole, Danny and Tony*



Coach Quigg's
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"In the beginning..."



Coach Quigg



and look at us now!



On a scale from

FIZZLE

to

SIZZLE

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🔥 It's **WARM**

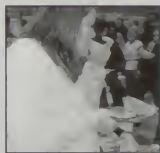
🔥🔥 It's **HOT**

🔥🔥🔥 It's on **FIRE**



"I really enjoyed working with Mrs. Rosado and dancing with my friends. I thought performing in front of the community was a good experience," said Ricardo Rodriguez.

I Give it: 🔥🔥🔥



"I always like going to the food fair because I get to eat many foods from different cultures," stated junior Hope Green.

I give it: 🔥🔥

"Thank you for the great memories
and making coaching a great experience!"

~Coach Quigg~

Hot Traditions

Honor Society field trip

Since the '99 school year, the Honor Society has traveled to historical places. On the first trip the society traveled to St. Louis where they viewed the famous Arch and St. Mary's of the Woods. This year the society traveled to the capital of the United States. The Honor Society left for Washington D.C. on Tuesday, March 7. The NHS met at RF before midnight and awaited the arrival of their charter bus. About 1 a.m. the charter bus wasn't at the school. The sponsor called the company and the mix-up was fixed. The bus arrived at the school around 5 a.m. The group was on their way to D.C.

Ruth Norman



*To Courtney and the Class of 2001.
May God guide & bless you with dreams that
come true. We're proud of you.
Love, Mom and Michael*



Adam,



*The most spirited
senior! You gave it
your best.
Congratulations.*

*Love,
Mom, Dad,
Chris, Bethany*

*That's
MY sister!*



*Congratulations to the
Valedictorian!
Love, Milagro*

*The Ingol
yearbook staff
would like to
thank Mr.
Weitzel's sixth
hour business
class for all
their hard work
and help with
the yearbook.*



Age 4



Age 17

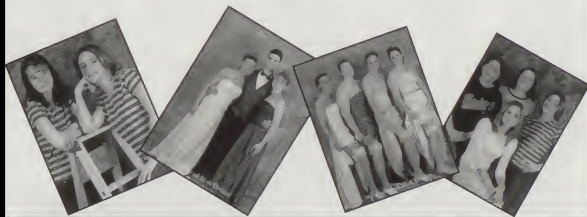


Jamie,

You are very precious to us and we are so proud of you. You've grown into a wonderful young lady who still holds many memories and charms of our little girl. Good luck in college. We know you'll accomplish a life long dream.

Love always

Mom, Dad, and Michael



On a scale from

FIZZLE

to

SIZZLE

❄️ It's **COLD**

🔥 It's **warm**

🔥🔥 It's **hot**

🔥🔥🔥 It's on **FIRE**



"I really enjoyed the trip to D.C. I thought they did a nice job planning all the activities. It was funny when my brother saved an ill man who was swimming in the hotel pool," said junior Victoria Tschopp.

I Give it 🔥🔥



Junior Mike Guzman stated, "I thought the trip was educational, and it was a very memorable experience."

I give it: 🔥🔥



Patrons Keep Our **Flame** Burning Bright

Best wishes to all! -Danna English

Good luck Jason! -Leslie Blankenship

Best wishes Class of 2001! -Mrs. Clements

Congratulations seniors and God bless you! -Pastor Glenora Fusch

Good luck and congratulations Class of 2001 -Gary Hobert Roofing & Supply

Congratulations Fernanda! Class of 2001 -Love, Uncle John, Aunt Pam, Zach and Jon

Good luck Class of 2001 -Perfected Auto Body

Class of 2001, the world is yours, make it better -Mrs. Rieck

Congratulations 2001 Seniors -Mr. Marszelek

Congratulations Class of 2001, good luck in the future! -Mrs. Keller and Pumpkin

Good luck to the first class of the millennium -Mrs. Knies

Four years ago we started here together and look how far we've gone. Good luck! -Mr. Quigg

Good luck Class of 2001 -Mrs. McNabb

Good luck to you future endeavors -Anita and Ann

Congrats and good luck to all my Seniors & most of all, God bless You! -Love Mrs. Sutherland

It's about time! -Mr. Weitzel, Mrs. Weitzel and Jake

To the Class of 2001, congratulations, good luck

and may your future be happy and bright! -Mrs. Komosa

Young and old, large and small I treat them well and love them all -Yours in health Nurse Miranda

Congratulations Seniors! -Mr. VanDrie

Good luck and thanks for the memories -Mr. Whiting

I'm not dead yet! ha ha ha -Mr. Hughes

Best of luck, Class of 2001 -Mr. Cheek

Best wishes Robert, Josh, Dustin, Aaron, Justin, Chubbs & Andy. Just graduate! Love, Mom

Congratulations, Jamie! -Mike Sellers

Learn your history or else! -Mr. Hecker

Best of luck to the Class of 2001 -Mrs. Hooks

Good luck Seniors! -Mrs. Cruz

Uhh...G... Ingots! -Doc

Good luck, Seniors -Mr. Spencer

Good luck Class of 2001 -Corey, Mothers, Bakeries

Bonne chance! -Mrs. Kozmin

Live life to the fullest -Mrs. Quintel

Good luck River Forest Seniors -Mrs. Briggs

Que tengan éxito! SRA. Cuevas

Good luck in the future -Brooklyn, Florio

Good luck and have a good summer! -Mr. Zwick

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Mike -Parker

Mike -Parker

Mike -Parker

Mike -Parker

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Colophon

Volume 41 of the *Ingot* Yearbook was printed by Walsworth Publishing Company in Marceline, Missouri. Valerie Tanke was the official sales representative and Joy Boley was the customer service representative.

The book was created by eight staff members on ten computers in the yearbook room. The staff members were responsible for developing a theme and carrying it throughout the book. The theme, "Igniting Tradition," was created in hopes that the yearbook flame would never go out. The staff used Adobe PageMaker 6.5 for the publication of the book. The layouts were created on an eight column layout with only a template and a designer series as a reference. Root Studios was the official yearbook photographer. Kathy Stasiak was the sales representative.

The Staff

Wendy Paeley editor
Sarah Saylor assistant editor
Ruth Norman business manager
Sara Rusi activities editor
Jamie Sellers portraits editor
Courtney Krasoczka sports editor
Robert Ordway sports staff
Josh Barnes photographer
Danyelle Kozma adviser

Index

20, 21, 52, 53, 83, 104, 105, 116

A

Adams, Michael 125
 Aguilar, Heather 74, 116
 Aguilar, Tim 74
 Alexander, Amanda
 13, 21, 31, 42, 43, 121, 123
 Alexander, Amber
 6, 9, 14, 20, 21, 30, 43, 76, 99, 100, 114
 Albritton, Brittney 125
 Ard, Heather 121
 Ard, Thomas 6, 29
 Armes, Tim 23, 74
 Arnold, Richard 108
 Arnold, Richard 108
 Avila, Genoveva 125
 Ayala, Brandy 116
 Ayres, Ashley 13, 30, 41, 76, 121

B

Bailey, Randi 99
 Baker, Adam
 5, 6, 9, 14, 22, 55, 95, 97, 145
 Baker, Bethany 19
 Ballard, Melissa 116
 Balleseros, Paulina 19, 40, 41, 124, 125
 Barlow, Shelly 125
 Barnes, Amber 19, 52
 Barnes, Josh 121, 149
 Basaw, David 74
 Bigott, Matt 97
 Blackwell, Rebecca 121
 Blahut, Francis 82
 Blankenship, Leslie 18, 19, 116
 Bojorquez, Bonico 75
 Bolduc, Daniel 6
 Bood, Derek 17, 74
 Bowman, Erica 74, 114
 Brawley, Melody 6, 114
 Breeze, Christopher 116
 Breneman, Trista 121
 Broderick, Shawn 116
 Broderick, Trina 74, 125
 Buchmeier, Jason 50
 Burell, Megan 76
 Burge, Christina 25, 99
 Burge, Maria 74, 114
 Burke, Amanda 116
 Burleson, Joe 37
 Burns, Christina 6, 8, 15, 90, 114
 Burrell, Megan 29, 125
 Burton, Jack 32, 106, 107
 Butchko, J.R. 12, 116

C

Cadle, April 121
 Calvillo, Angela 74
 Camarena, Tara 31, 95, 121
 Camp, Kenneth 125
 Cano, Rudy 121
 Carrillo, Marisol 68
 Carlson, Justin 22, 23, 97, 121
 Curns, Bill 6, 9, 52, 114
 Caspers, Clifton 121
 Carrillo, Marisol 25, 99
 Carroll, Amber 19, 46, 47, 76, 33, 121
 Castillo, Roger 75
 Chary, Diane 82
 Chavez, Oswaldo 116
 Cicilliani, Leann



index

Cisneros, Becky
 9, 24, 25, 52, 91, 99, 114
 Cisneros, Jose 114
 Cisneros, Rocio 19, 68, 75, 99
 Clardy, Lisa 121
 Clark, John 26, 27, 47, 102, 121
 Claxton, Jenna 76, 116
 Clifford, Steven 17, 125
 Coates, Jessica 116
 Coleman, Amber 19
 Coleman, Dustin 22, 37, 96, 97, 121
 Coleman, Amber 95
 Collazo, Christina 76, 99, 124, 125
 Costello, Jessica 125
 Cottrell, Amber 125
 Cox, Billy 27, 74, 97
 Cox, Mark 74
 Crofton, Amanda 116
 Crofton, Brandon 6, 17, 114
 Crofton, Terry 97
 Cram, Melissa 116
 Cruz, James 17, 51, 121
 Cruz, Marcos 74, 83, 94
 Cuevas, Francisco
 7, 8, 13, 16, 17, 39, 114
 Cunningham, Matthew 74

D

Da Vinay, John 45, 125
 Davis, Chris 12, 30, 32, 116
 Davis, Nichole 116
 Davis, Rebekah 74
 Deemer, Eric 125
 Degman, Amanda 17, 74, 75
 DeGroot, Cynthia 116
 DeGroot, Rebecca 121
 DeLeon, Ruben 114
 Denton, Brian 74
 Deterfille, Al 26, 27, 43
 DeVault, Stephanie 121
 Diaz, Frank 17
 Dietz, Marigrace 74, 76, 95, 125
 Dobson, Ryne 125
 Doffin, Mike 55, 121
 Dominguez, Marielena
 7, 9, 14, 24, 25, 43, 51, 90, 93, 99, 114
 Dominguez, Rebecca 25, 99
 Duffy, Ryan 116
 Duran, Anastacio 74
 Durk, Dwayne 5, 37, 121

E

Ekdahl, Don 17
 Ekdahl, Josh 97
 Elca, Joshua 15, 32, 125
 Emerson, Joan 125
 England, John 74, 114
 Erwin, Angel 125
 Ethridge, Melissa 121
 Evans, Richard 125

F

Farthing, Danny 46, 47, 116
 Fay, Mike 17, 37, 96, 97, 121
 Feezor, Stephan 116
 Fontanez, Myriam 116
 Fontanez, Noemi 114, 139
 Fontenez, Daniel 121

G

Gallardo, Alisha 53, 116
 Gallardo, Pam 75, 99
 Garber, Anthony 83
 Garcia, Rene 45, 97, 121
 Gardner, Basil 121
 Garibay, Emmanuel 26, 27, 121
 Garlardo, Pam 95

Gartner, Karissa 19
 Garner, Ryan 7, 9, 44, 45, 114
 Garrison, Pamela 19
 Gaskey, Martin 121
 Gault, Tim 14, 16
 Gilarski, David 7
 Gildersleeve, James 17, 74
 Gildersleeve, Jennifer 76, 116
 Gildersleeve, Vanessa 121
 Gilliana, Brianne 121
 Gilmore, Jenny 74
 Giro, Juan 97
 Goin, Bernard 68, 75
 Gonzalez, Diego 23, 75, 97
 Gonzalez, Eric 63
 Gonzalez, Mike 17, 45, 97, 121
 Goodman, Jeffrey 125
 Graun, Christopher 126
 Graun, Michael 121
 Green, Hope 116, 145
 Gregory, Eli 36, 37, 97, 116
 Gregory, Jeremy 74
 Griffin, Derek 97
 Guajardo, Candice 74
 Guandini, Anthony 74
 Guerrero, Rachael 121
 Gunn, Stacey 17, 36, 37, 80, 97, 116
 Gunn, Adrian 7, 9, 15, 17, 38, 39, 81, 102
 Gutierrez, Aaron 26, 27, 39, 103
 Gutierrez, Daisy 121
 Gutierrez, Jason 121
 Guzman, Jennifer 19, 80, 99, 126
 Guzman, Justin 116
 Guzman, Michael 116

H

Halcomb, Jim 108
 Halcomb, Josh 32, 121, 122
 Halcomb, Timmy 15
 Hale, Rich 7, 114
 Hall, Elizabeth 20, 21, 42, 43, 99, 117
 Harder, Ryan 5, 7, 8, 17, 114
 Hardin, Haley 95, 99
 Hardin, Madeline 74, 99
 Harper, Michelle 55, 76, 121
 Harper, Stacey 75
 Hazelton, Josh 53, 74
 Heavilin, Brant 17, 37, 106, 107, 117
 Heavilin, Richard 107, 109
 Heredia, Fernanda 8, 53, 76
 Heredia, Jonathan 74, 97
 Heredia, Zachery 66, 97, 126
 Hernandez, Lape 126
 Hernandez, Ray 62, 117
 Herring, Harold 124, 126
 Herring, Melissa 117
 Hinkle, Melissa 117
 Hollinger, Andrea 74
 Horn, Julia 19, 99
 Horn, Justin 17, 39, 121
 Howard, Anna 74
 Howard, Brian 74
 Hunter, John 121
 Hunter, Stephen 74
 Hutton, Marie 117
 Hyden, Keith 19

I

Ivey, Pamela 126

J

Jabonski, Amy 81
 Jacobs, Brandon 32, 121
 Jansen, Bernard 14
 Jarvis, Andy 22, 33, 126
 Jennings, Patricia 5, 94
 Jimenez, Nita 126
 Jimenez, Pete 37

Johnson, Matthew 126
 Joseph, Michelle 126
 Joseph, Nicole 7, 114
 Joy, Jennifer 74

K

Kalberer, Stephanie 74, 121
 Keeney, April 126
 Keel, Ava 74
 Keller, Kim 74, 99, 121
 Keller, Michael 117
 Keller, Natalie 137
 Kempki, Danielle 19, 41, 74, 76, 126
 Kempki, Eric 52, 76, 122
 Kennedy, Toni 43, 99, 100, 101, 117
 Knies, Andy 27, 32, 124, 126
 Knopp, Roger 33, 117
 Kolan, Jennifer 40, 41, 111
 Komenich, Kara 21, 46, 47, 99, 117
 Komenich, Kristina
 12, 18, 40, 41, 66, 104, 105, 122
 Kozma, Danyelle 52, 124, 149
 Krasocka, Courtney
 6, 7, 8, 14, 21, 30, 31, 43, 52, 99, 100, 101, 114, 149
 Kurek, Rachel 41, 74, 122, 141

L

Lamey, Brent 17, 83, 111
 Lane, Tim 17, 45, 126
 Larson, Theresa 117
 Lemmon, Jessica 95, 117
 Lentner, Harold 17
 Leonard, Dennis 4, 108
 Lesner, Vernon 74
 Lewis, April 7, 55, 114
 Lewis, Jillian 99
 Lightfoot, Rachel 19, 68, 99
 Long, Ricky 23, 74, 97
 Lopez, David 74
 Lopez, Debbie 54, 122
 Lopez, Jenny 117
 Lopez, Matt 17, 44, 45, 117
 Lopez, Samuel 74
 Loving, Bill 7, 32, 47, 51
 Loving, Brian 75
 Lozanowski, Jason 17, 126
 Lyle, Katie 74, 99
 Lyle, Tim
 12, 16, 17, 38, 39, 102, 103, 114
 Lyons, Mike 23, 25, 99

M

Manos, Harry
 8, 10, 17, 22, 23, 30, 96, 97, 114
 Manzo, Melissa 53, 126
 Manzo, Sandra
 8, 52, 62, 82, 90, 93, 99, 101, 115
 Marek, Jessica 75
 Martin, Jessica 126
 Martinez, Adam 37, 74, 126
 Martinez, Alfonso 17, 126
 Martinez, Carla 122
 Massey, Jennifer 10, 74, 115
 Maza, Jeremy 74
 McKinney, Kymberlee 10, 74, 115
 McKinney, Rachel 76, 122
 McKinney, Stephanie 10, 115
 McNabb, Jeff 17, 37, 97
 McNabb, Pat 6, 99
 Medrano, Jennifer 25, 99
 Mecca, Jami 117
 Meertmeyer, Blyssa 75
 Melendez, Christopher 117
 Menchaca, Armando 97
 Menchaca, Aubin 97
 Mercado, Hector 17, 37, 122
 Mihalik, Sandra 55, 83
 Mikuly, Damon 122

Milliken, Ashley 74, 99
 Mills, Mark 126
 Minarch, Michael 117
 Minarch, Mikal 19
 Miodunovich, Nichole 19, 75
 Moffitt, Monte 33, 108, 109
 Montes, Jacob 8
 Montes, Sal 17, 39, 62, 106, 107, 133
 Montes, Silvia
 20, 21, 33, 42, 43, 117
 Morris, Amber
 18, 19, 40, 41, 74, 99, 126
 Moss, Anthony 126
 Moss, Amber 74
 Mullins, Deanna 74, 122
 Mundo, Anthony 74, 75
 Muniz, Carlos 68, 75, 97
 Muniz, Veronica 99, 126
 Munoz, Danny 66, 117
 Munoz, Enid 122
 Munoz, Rosalee 75, 99
 Myers, Melody 18, 19, 43, 104, 127

N
 Neal, Lyle 97
 Neely, Stephanie 117
 Newcomb, Malleri 100
 Nord, Jackie 94, 95, 120, 122
 Norman, Mary 74, 75
 Norman, Ruth
 6, 9, 10, 76, 93, 100, 101, 115, 149
 Nunez, Eric 74
 Nunez, Jessica 9, 74, 115
 Nunez, Marco 54, 74, 122
 Nunez, Ryne 74, 127
 Nuzzo, Frank 47, 83, 91, 102, 115
 Nuzzo, Joe 45, 102

O
 Ordway, Robert
 22, 23, 37, 97, 122, 131, 149
 Ortiz, Anthony 17, 122
 Ortiz, April 127
 Ortiz, Brandi 54, 74, 122
 Ortiz, Dave 45
 Ortiz, Erica 74
 Ortiz, Raymond 74
 Otano, Jennifer 127

P
 Pacey, Sunni 62, 122
 Pacey, Wendy
 8, 10, 52, 76, 91, 115, 149
 Paradine, Jake 127
 Parduhn, Brandy 19, 75
 Patterson, Alison 8, 10, 115
 Patterson, Candi 122
 Patterson, Tammy 122
 Peek, Steven
 8, 10, 14, 16, 17, 82, 115
 Peel, Amanda 127
 Perez, Jason
 5, 11, 26, 27, 83, 93, 115
 Perkins, Jennifer 76, 122
 Persley, Kevin 44, 45
 Pianti, Ray 115
 Podgorski, Michael 127
 Poe, Jennifer 15, 122
 Poe, Jessie 127
 Price, Rafael
 16, 17, 38, 39, 63, 80, 96, 97
 Price, Ricky 17, 96, 97, 127

Q
 Quigg, Jason
 6, 22, 23, 24, 25, 38, 39, 100, 101
 Quinlan, Natalie
 21, 43, 98, 99, 100, 101
 Quinlan, Tara 19, 47, 74, 127

R
 Ragan, Brandon 97, 127
 Ragan, Kristopher 74, 97
 Ramos, Edgar 17, 83, 91, 97, 115
 Ray, Brian 17
 Reed, Nicole 52, 32, 122
 Renteria, Jesus 17
 Rhines, Rodney 75
 Rhodus, Loretta 74
 Rice, James 4, 108
 Richards, Carlos 75, 76
 Rhines, Robert 23, 97
 Rinaldi, Danny 75
 Roach, Matt
 5, 11, 26, 27, 39, 103, 115
 Roach, Nick 26, 27, 37, 102, 127
 Rodriguez, Maxwell 127
 Rodriguez, Ricardo 12, 96
 Rogoyan, Heather 30, 47, 104, 105
 Rosado, Angel
 8, 11, 15, 26, 27, 38, 39, 93, 115
 Rosado, Tony 82
 Rosado, Vince 39
 Roth, Chuckie 17, 37, 106, 107
 Rundberg, Bruce 97
 Rundberg, Derek 17, 75, 97
 Russi, Sara 9, 11, 52, 66, 74, 115, 149
 Rybicki, Krystal 75
 Rymer, Aaron 17, 29, 115

S
 Saalwachter, Mary 41, 74, 127
 Saalwachter, Sam 123
 Sajdera, Richard 123
 Salas, Javier 17, 97
 Salas, Sabrina 19
 Salzer, Crystal 76, 123
 Sanchez, Jose 127
 Sanchez, Maria, 74
 Sanders, Matt 23, 74
 Santmyre, Mike 127
 Saylor, Robby 17, 123
 Saylor, Sarah 52, 149
 Schillke, Elizabeth 3
 Schmidt, Kimberly 74
 Schultz, Falcon 127
 Schultz, Shannon 127
 Schwader, Robert 74
 Scott, Amber 123
 Sellers, Jamie
 6, 8, 11, 15, 21, 22, 40, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000

S
 Saalwachter, Mary 41, 74, 127
 Saalwachter, Sam 123
 Sajdera, Richard 123
 Salas, Javier 17, 97
 Salas, Sabrina 19
 Salzer, Crystal 76, 123
 Sanchez, Jose 127
 Sanchez, Maria, 74
 Sanders, Matt 23, 74
 Santmyre, Mike 127
 Saylor, Robby 17, 123
 Saylor, Sarah 52, 149
 Schillke, Elizabeth 3
 Schmidt, Kimberly 74
 Schultz, Falcon 127
 Schultz, Shannon 127
 Schwader, Robert 74
 Scott, Amber 123
 Sellers, Jamie
 6, 8, 11, 15, 21, 22, 40, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000

T
 Tellez, Sergio 127
 Therault, Shelly 76, 115
 Thompson, Rodney 17, 43, 99
 Tillbury, Travis 74
 Torres, Joel 62
 Torres, Maria 75
 Travis, Anthony 17, 45, 127
 Tschopp, Jason
 8, 11, 22, 23, 39, 83, 91, 93, 97, 115
 Tschopp, Victoria 25, 99
 Turner, Leslie 115

V
 Valenzuela, Leticia 74, 127
 Vandevender, Dan 11, 106, 107, 115
 VanDrie, Jeff 51, 109
 Vasquez, Ivan



The last locker has closed and the last classroom door has been locked. In some cases for the summer and for some cases forever. Only the memories of the school year remain.

Use this book as a reference when you want to remember the great things about the year. Take the time to see the traditions that were ignited. Use the words to rekindle the flames of a history making year.

Most importantly, use the book as a guide to all of your memories. May it be as a candle lighting the path to the memories of the past.



the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million, and the number of people aged 75 and over has increased by 1.2 million (Office of National Statistics 1999). The number of people aged 85 and over has increased by 0.5 million.

There is a growing awareness of the need to develop services to meet the needs of the ageing population. The Department of Health (1999) has published a strategy for ageing, which sets out the government's commitment to improve the lives of older people and to ensure that they are able to live independently for as long as possible.

The strategy is based on three main principles: (1) to ensure that older people are able to live independently for as long as possible; (2) to ensure that older people are able to participate in the life of the community; and (3) to ensure that older people are able to live in the place of their choice.

The strategy is based on the following assumptions: (1) that older people are a valuable resource; (2) that older people are able to live independently for as long as possible; (3) that older people are able to participate in the life of the community; and (4) that older people are able to live in the place of their choice.

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